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George Black, M.B., Edin.



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BY

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PREFACE.

FOR several years I had a Vegetarian Home at Belstone, on Dartmoor, and during the greater part of the time I had the services, as Manageress, of one who displayed an unusual aptitude for cooking.

To her I am indebted for most of what appears in this book, but the arrangement of it and the mode of presentation are my own.

Those who visited "Dartmoor House"—the name by which my Home was called—while Miss Isabel Densham was there, bore frequent and unsolicited testimony, both by word of mouth and in writing, to the excellence of her cooking, and many, accustomed to the ordinary methods of living, and ignorant of the possibilities of Vegetarianism, expressed surprise at the number and variety of the dishes set before them.

During their sojourn they availed themselves of such opportunities as were afforded them of going into the kitchen and seeing what was done.

Much information of a useful and practical kind was thus imparted, and the recipes of many of the more favourite dishes were copied out and given to be used elsewhere.

Of course this could only be done in a fragmentary manner, so I thought if I could bring these recipes together, and present them in a convenient and more permanent form, it might supply a want, as I know it fulfils the expressed desire of many.

While acting in the capacity referred to Miss Densham carried out with perfect loyalty my instructions and intentions in the matter of diet, and, as everything that is here presented has been tested over and over again, and been approved of by all sorts and conditions of people, I have no hesitancy in recommending these menus to those who wish for ample, sustaining and varied vegetarian meals.

In putting into shape the material with which she provided me I sought to present things in such a way that those ignorant of cooking, by following the instructions given, would have a satisfactory dinner to place upon the table as the result of their labours.

I hope that in this I have succeeded. Having had ample experience of Vegetarian Cookery at hotels, restaurants and boarding-houses in our own country and on the continent as well as in the houses of the wealthy, and those in less affluent circumstances, I can without fear of contradiction say that the dishes here presented will compare favourably with any that I have seen or tasted, and the bills of fare may be regarded as samples of a good all-round Vegetarian diet.

In this I do not speak of what is sometimes, but erroneously called "High-Class" Vegetarian Cookery, the outcome of which is the hot, condimented and curried preparations that those who value their health will scrupulously avoid, but which are often served up as examples of the "Art" in its highest perfection.

If this be so I for one will never aspire to it. Such cookery, in my opinion, is one of the curses of humanity, being provocative of thirst, and acting as a powerful irritant upon the delicate mucous membrane of the stomach. I am rather thinking and writing of something different from this—something that is at once appetising, invigorating and healthful—that may serve as an example of what Vegetarianism is when its menus are judiciously arranged, and the articles appear in a dainty, palatable form on the table.

That these recipes as they stand do not correspond with the most advanced form of Vegetarian living I am perfectly aware. My object in the present instance was not the presentation of an ideal, to those already convinced, but rather that which would appeal to my brothers and sisters who still regard flesh meat in some form or other as a necessity of life.

To them I say, "Try what is here presented: the food is wholesome, it is amply nutritious: it has been partaken and approved of by many like yourselves who had no previous experience of Vegetarian living: it will maintain you in health:

it will be sufficient for you whatever your station or occupation in life may be, and from the hygienic point of view it may be regarded as greatly superior to that which is usually spoken of as an ordinary mixed diet."

Recognising the partial character of this treatise as a representation of Vegetarianism I planned, and have to a large extent executed, a work dealing with the subject in its various aspects as it affects the different periods of life, as it affects growth and development, as it affects us in health and disease with dietaries suited to these different circumstances and conditions.

This I hope shortly to publish, but in the meantime I send the present book forth as it is. I can promise to those who purchase it that they will find it practical: it is true to itself, and if it be not the *whole* truth about Vegetarianism it is at any rate *the* truth.

I have now but to say in conclusion to all who value the precious gifts of life and health, "Give up eating those things that are in so many instances productive of disease. Avail yourselves of the abundant store that is ever to be found in the Vegetable Kingdom, whose products, full of life-giving energy and power, are at all times the main sustenance of the greater portion of the inhabitants of the globe."

GEORGE BLACK.

GRETA BANK,
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Menu.—No. 1

ARTICHOKE SOUP.

Granose Flakes crisped in the oven.
Dice of White or Brown Bread fried in Nutter.
Wholemeal Bread or Toast with Butter.

MEATOSE PIE.

Roast Potatoes. Brussels Sprouts.

ALMOND PUDDING.

Dessert.

Ingredients & Method of Preparation.

(*Arranged for six persons*).

ARTICHOKE SOUP.

Ingredients.—2 lbs. of Artichokes
1 Turnip
1 pint of New Milk
2 Onions
½ oz. of Butter or Cream
2 quarts of Boiling Water
Pepper and Salt to taste

Method.—Wash the Vegetables thoroughly in Cold Water, using two waters; peel and put into Boiling Water. Boil 1½ hours. Strain and rub through a sieve, add the Milk and Seasoning and serve.

MEATOSE PIE.

Ingredients.—1 lb. tin of Meatose
1 lb. of Tomatoes
2 Onions
6 Potatoes
Pepper and Salt to taste

Method.—Cut the Meatose into pieces ½ in. thick. Put the Tomatoes into Boiling Water to loosen the skin, peel and slice them. Wash, peel and slice the Potatoes and Onions. Stew all together in a saucepan with a little Water for 2 hours, put into a pie dish, season, cover with Paste and bake.

PASTRY.

Ingredients.—1 lb. of Flour
6 ozs. of Nutter or Albene
1 teaspoonful of Baking Powder
A pinch of Salt
½ pint of Cold Water

Method.—Rub the Nutter or Albene thoroughly into the Flour, add the Baking Powder, Salt, and just sufficient Water to enable the paste to be rolled out.

ROAST POTATOES.

Take 3½ lbs. of Potatoes, wash, peel and put into a shallow dish with 1 oz. of Nutter or Butter, Pepper and Salt to taste, fill with Cold Water and cook slowly. Time required 1 hour. An Onion sliced and strewn over the Potatoes improves the taste.

BRUSSELS SPROUTS.

Wash 2 lbs. of Brussels Sprouts in Cold Water and when thoroughly clean put into a pan of Boiling Water to which a little Salt has been added. Cook till tender. Time 10 to 15 minutes.

ALMOND PUDDING.

Ingredients.—4 ozs. of grated Almonds
6 ozs. of Bread Crumbs
4 ozs. of Sugar
The grated rind of one Lemon
2 ozs. of Melted Butter
3 beaten-up Eggs
A little Milk

Method.—Mix all together, put into a pudding dish and steam 2 hours.

Menu.—No. 4

HARICOT SOUP.

Toasted Granose Flakes. Brown or White Bread.

Sippets of Fried Bread.

PROTOSE COTTAGE PIE WITH BROWN GRAVY.

STEAMED CUCUMBER WITH BUTTER SAUCE.

Stewed Celery. Boiled Cauliflower. Mashed Potatoes.

FRIAR'S OMELET.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons)

HARICOT SOUP.

Ingredients.

1 lb. of White Haricots
2 large Onions
1 Turnip
6 Artichokes
1 pint of Milk
2 quarts of Boiling Water
Pepper and Salt to taste

Method.

Steep the Haricots for 12 hours in Cold Water, strain and put into 2 quarts of Boiling Water along with the other ingredients, boil till tender, rub through a sieve, Season and add the Milk, serve very hot.

PROTOSE COTTAGE PIE.

Ingredients.—½ lb. of Protose
1 tablespoonful of Chopped Parsley
1 grated Onion
1 oz. of Butter
1 teacupful of Brown Gravy
Pepper and Salt to taste
Mashed Potatoes

Method.—Mince the Protose finely, add the Chopped Parsley, Onion, Brown Gravy and Seasoning, put into a pie dish, spread Mashed Potatoes over the top and bake in a slow oven 1½ hours.

BROWN GRAVY.

Ingredients.—1 oz. of Butter
1 good-sized Onion
1 pint Haricot Stock
Salt
Browning (if Crosse and Blackwell's, 2 or 3 drops)
1 tablespoonful of Flour

Method.—Melt the Butter in a saucepan, cut up the Onion and put it into the Butter, add 1 pint of Haricot Stock, a little Salt and a little Browning; strain, then stir in a tablespoonful of Flour to thicken and serve hot.

STEAMED CUCUMBER.

Ingredients.—1 Cucumber
1 large Onion
1 dessertspoonful of Sage
3 ozs. of Breadcrumbs
Pepper and Salt to taste

Method.—Peel the Cucumber, halve it, scoop out the inside, stuff with the Onion, Sage and Breadcrumbs; Season, steam, and serve with Butter Sauce.

BUTTER SAUCE.

Ingredients.—1 oz. of Butter
1 oz. of Flour
A pinch of Salt
A little Pepper
½ pint of Milk

Method.—Put the Milk on to boil and while this is being done mix the Flour with a little Cold Water or Cold Milk, stir into the Hot Milk, add the Butter and Seasoning, bring to the boil stirring all the time.

STEWED CELERY.

Take 4 heads of Celery, wash thoroughly, remove any portions that are bad, put into an enamelled saucepan with a quart of Boiling Water, stew 1 hour or till tender; take 1 pint of Milk and put it into the saucepan with the Celery, add 1 oz. of Butter, a little Pepper and Salt, and after mixing 1 oz. of Flour with a little Cold Water, stir it into the Milk to thicken; serve on toast.

BOILED CAULIFLOWER.

Take 1 good-sized or 2 small Cauliflowers, remove the outer leaves, put into a pan of Salt and Water to cleanse, rinse with clean Cold Water, put into a saucepan with a gallon of Boiling Water, a tablespoonful of Salt and a pinch of Soda; boil from 15 to 20 minutes.

MASHED POTATOES.

Take 12 Potatoes, peel, and steam for half-an-hour, then put into a basin and mash with a fork, adding 1 oz. of Butter and a little Pepper and Salt; put into a hot dish and keep in the oven till ready to be served.

FRIAR'S OMELET.

Ingredients.—6 large Apples
1½ ozs. of Sugar
2 ozs. of Butter
2 Eggs
Breadcrumbs

Method.—Peel and core the Apples, stew with the Sugar and Butter till like Apple Sauce; when cold beat up the Eggs and stir into the mixture. Butter a pie dish line with Breadcrumbs, and bake for half-an-hour a good oven; turn out and sprinkle with Sugar.

Menu.—No. 5

BLOOMFIELD SOUP.

Toasted Granose Flakes. Wholemeal Toast.

SAVOURY SAUSAGES WITH BROWN GRAVY.

Potatoes baked in their skins. Boiled Curly Greens.

WHEATMEAL PUDDING.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

BLOOMFIELD SOUP.

Ingredients.—4 young Cabbages
1 quart of Boiling Water
3 pints of Milk
A pinch of Salt
1 tablespoonful of Cream
2 teaspoonfuls of Corn Flour

Method.—Boil the Cabbages in the Water till quite tender, strain and pass through a sieve, add the Milk, Salt, and the Corn Flour to thicken.

SAVOURY SAUSAGES.

Ingredients.—1 pint of Breadcrumbs
1 pint of Mashed Potatoes
2 hard-boiled Eggs
1 Onion
1 teaspoonful of Parsley
½ teaspoonful of Thyme
Pepper and Salt to taste
1 oz. of Melted Butter
1 beaten-up Egg

Method.—Mix the Breadcrumbs and Mashed Potatoes together, add the hard-boiled Eggs cut up finely, and the Onion well-chopped along with the Parsley, Thyme, Pepper and Salt, and the Melted Butter, bind with the beaten-up Egg, form into shape, dip into Milk, roll in Flour and fry in Nutter or Albene.

BROWN GRAVY.

Ingredients.—1 oz. of Butter
1 good-sized Onion
1 pint of Haricot Stock
Salt
Browning (if Crosse and Blackwell's, 2 or 3 drops)
1 tablespoonful of Flour

Method.—Melt the Butter in a saucepan, slice the Onion and put into the Butter, add the Haricot Stock, Salt, and Browning; strain, stir in a tablespoonful of Flour to thicken, and serve hot.

HARICOT STOCK.

Ingredients.—¼ lb. Brown Haricot Beans
1 quart of Boiling Water

Method.—Boil for 2 hours, strain and rub through a sieve, add more water if required to make one pint of stock.

POTATOES BAKED IN THEIR SKINS.

Take 12 medium-sized Potatoes, clean and bake in the oven 2 hours; serve in a napkin on a hot dish.

BOILED CURLY GREENS.

Take 4 medium-sized Curly Greens, remove the stalks, put into a pan of Salt and Water to cleanse; have ready a pan with a gallon of Boiling Water, put the Greens into this along with a tablespoonful of Salt and a pinch of Soda; cook for half-an-hour.

WHEATMEAL PUDDING.

Ingredients.—6 ozs. of Wheatmeal
¾ lb. of Dates
2 ozs. of Pine Kernels
2 ozs. of Nutter or Albene
3 ozs. of Sugar
1 teaspoonful of Baking Powder
Cold Milk

Method.—Stone and chop the Dates, put the Pine through an Ida or other Nut Mill, mix thes Flour, Baking Powder, Nutter or Albene as much Milk as is necessary to make in steam 2 hours.

Menu.—No. 6

TOMATO AND BARLEY SOUP.

Toasted Granose Flakes. Fried dice of Bread.

MACARONI A LA TURQUE WITH TOMATO SAUCE

Potato Balls. Boiled Broccoli.

FRENCH PANCAKES WITH SLICED LEMON AND SUGAR.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

TOMATO AND BARLEY SOUP.

Ingredients.—2 lbs. of Tomatoes
3 Onions
1 cup of Barley
1 pint of Milk
2 quarts of Hot Water

Method.—Boil the Tomatoes, Onions, and Barley in the Water for 2 hours, strain and add the Milk, Season to taste.

MACARONI A LA TURQUE.

Ingredients.—½ lb. of Macaroni
1 grated Onion
1 tablespoonful of Chopped Parsley
2 hard-boiled Eggs
4 ozs. of Breadcrumbs
2 beaten-up Eggs
Pepper and Salt to taste

Method.—Put the Macaroni into Boiling Water and boil 1 hour, strain, add the Onion, Parsley, and hard-boiled Eggs, chopped finely, then the Breadcrumbs; season and mix with the beaten-up Eggs, put the ingredients into a well-buttered basin, and steam 2½ hours. Serve with Tomato Sauce.

TOMATO SAUCE.

Ingredients.—6 medium-sized Tomatoes
½ pint of Cold Water
½ pint of Milk
1 oz. of Butter
1 teaspoonful of Flour

Method.—Dip the Tomatoes into Hot Water to loosen the skins. then peel, cut into slices, and put into a pan with the Cold Water, boil ten minutes, rub through a wire sieve, put back into the saucepan with the Milk, Butter, and Seasoning, thicken with the Flour previously mixed with a little Cold Water and serve in a hot tureen.

POTATO BALLS.

Take 1 lb. of Potatoes, steam ½ hour, well mash with a fork, bind with the yolk of 1 Egg, add a little Pepper and Salt; take 1 tablespoonful, shape like an Egg, roll in Flour, fry in very hot Nutter or Albene; time 5 to 10 minutes.

BOILED BROCCOLI.

Take 1 good-sized or 2 small Broccoli, remove the outer leaves, put into a basin of Salt and Water to cleanse, then into a saucepan with 1 gallon of Boiling Water, a tablespoonful of Salt and a pinch of Soda; boil 15 to 20 minutes.

FRENCH PANCAKES.

Ingredients.—2 ozs. of Butter
2 Eggs
2 ozs. of Fine Flour
2 ozs. of Powdered Sugar
½ pint of New Milk

Method.—Beat the Butter to a cream, and the Eggs till they are light, blend these with the Flour and Sugar, and thin the mixture by gradually adding the Milk; beat up to the moment of pouring on to buttered tin plates; bake 20 minutes, and serve piled high on a dish with Cut Lemon and Sugar, or with layers of Preserve between.

Menu.—No. 7

LENTIL SOUP.

Brown Bread or Toast. Fried dice of Bread.
Toasted Granose Flakes.

PROTOSE RISSOLES WITH PICKLED DAMSONS OR RED CURRANT JELLY.

STUFFED TOMATOES.

Mashed Potatoes. French Beans.

RICE PUDDING.

STEWED FIGS.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

LENTIL SOUP.

Ingredients.—1 lb. Egyptian Lentils
3 Onions
1 pint of New Milk
1 quart of Boiling Water
Pepper and Salt to taste

Method.—Boil the Lentils till tender, strain and rub through a sieve, season, add the Milk and a little Butter if desired.

PROTOSE RISSOLES.

Ingredients.—½ lb. of Protose
6 ozs. of Breadcrumbs
1 tablespoonful of Lemon Thyme
Pepper and Salt to taste
1 Egg

Method.—Mix the Protose, Breadcrumbs, Lemon Thyme, Pepper and Salt together, and the Egg to bind; roll into shape, dip in Egg and Breadcrumbs and fry in very hot Nutter or Albene. Serve with Pickled Damsons or Red Currant Jelly.

STUFFED TOMATOES.

Ingredients.—6 large Tomatoes
1 dessertspoonful of Parsley
3 ozs. of Breadcrumbs
1 small Onion grated
Pepper and Salt to taste
1 Egg

Method.—Remove the tops from the Tomatoes, scoop out the interior, fill with the stuffing of Parsley, Onion and Breadcrumbs, season, bind with the Egg, and bake in patty pans in a moderate oven 1 hour.

MASHED POTATOES.

Take 12 Potatoes, steam ½ hour, then put into a basin and mash with a fork, adding 1 oz. of Butter and a little Pepper and Salt; put into a hot dish and keep in the oven till wanted.

BOILED FRENCH BEANS.

Take 2 lbs. of French Beans, remove the ends and cut in a slanting manner; have 1 gallon of Water boiling with a tablespoonful of Salt in it and a pinch of Soda; put the Beans into this and boil from ½ to ¾ of an hour.

RICE PUDDING.

Ingredients.—3 ozs. of Rice
3 ozs. of Sugar
Nutmeg
3 pints of Milk

Method.—Wash the Rice thoroughly, put it into a dish, add the Milk, Sugar, and a little grated Nutmeg; bake in a slow oven.

STEWED FIGS.

Take 1 lb. of Figs, wash thoroughly, and stew in water gently for 2 hours.

Menu.—No. 8

RICE SOUP.

Toasted Granose Flakes. Wholemeal Bread.

LENTIL FRITTERS.

Potato Rice. Boiled Artichokes.

PRESERVED FRUIT PUDDING.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

RICE SOUP.

Ingredients.—6 ozs. of Rice
1 quart of Milk
2 ozs. of Butter
Pepper and Salt to taste
1 quart of Boiling Water

Method.—After carefully washing and picking the Rice, put it into an earthenware vessel with the Water; stand this in the oven and allow it to remain till the Water is absorbed, then put it into a saucepan with the Milk, Butter, Pepper and Salt; boil a few minutes and serve very hot. Four tablespoonfuls of Cream may be substituted for the Butter.

LENTIL FRITTERS.

Ingredients.—1 lb. of Egyptian Lentils
1 Onion
1 tablespoonful of Parsley
2 ozs. of Breadcrumbs
3 Eggs
Pepper and Salt to taste

Method.—Boil the Lentils for ¾ of an hour, putting them into a cloth, or using 1 quart of Boiling Water for the purpose; chop the Onion and Parsley very finely and add to the Lentils along with the Breadcrumbs, Eggs, and Seasoning; drop 1 tablespoonful into very hot Nutter or Albene and fry.

Potato Rice.

Take 12 Potatoes, steam ½ hour, put through a masher, serve in a hot dish.

Boiled Artichokes.

Put 2 lbs. of Artichokes into a pint of Boiling Water, add 1 pint of Milk, Season to taste, and when cooked add a little Butter. A tablespoonful of Flour mixed with a little Milk should then be poured in, stirring all the time, in order to thicken the Sauce.

PRESERVED FRUIT PUDDING.

Ingredients.—1 lb. of Flour
6 ozs. of Nutter or Albene
1 teaspoonful of Baking Powder
A pinch of Salt
½ pint of Cold Water

Method.—Rub the Nutter or Albene thoroughly into the Flour add the Baking Powder and Salt, with just as much Water as is necessary to enable the paste to be rolled out. Roll out thinly to the length required, spread with Raspberry Jam, roll up, put into a cloth, tie tightly at each end, and boil 2 hours; cut into thick slices, lay on a dish and serve with Butter Sauce.

BUTTER SAUCE.

Ingredients.—1 oz. of Butter
1 oz. of Flour
1 oz. of Sugar
½ pint of Milk

Method.—Put the Milk on to boil, and while this is being done mix the Flour with a little Cold Water or Cold Milk, stir into the Hot Milk, add the Butter and Sugar, bring to the boil stirring all the time.

Menu.—No. 9

ONION SOUP.

Toasted Granose Flakes. Brown Toast.

LENTIL SAUSAGES WITH BROWN GRAVY.

Mashed Potatoes. Brussels Sprouts.

PARADISE PUDDING WITH SWEET SAUCE.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

ONION SOUP.

Ingredients.—10 large Onions
½ lb. of Bread
1 head of Celery
1 oz. of Butter
1 pint of New Milk
2 teaspoonfuls of Corn Flour
Pepper and Salt to taste
3 quarts of Boiling Water

Method.—Cleanse the Celery thoroughly and put it along with the Onions and Bread into the Water; boil, strain through a sieve, add the Butter, Seasoning, and Milk along with 2 teaspoonfuls of Corn Flour mixed to a thick consistency with a little Cold Milk. The yolks of 2 Eggs may be added to this Soup to further enrich it. They should be added when nearly ready, and the Soup must not be allowed to boil after this addition has been made.

LENTIL SAUSAGES.

Ingredients.—¼ lb. of Cooked Egyptian Lentils
3 ozs. of Mashed Potatoes
2 ozs. of Breadcrumbs
1 oz. of Butter
A little Chopped Parsley
A little Onion Juice
Pepper and Salt to taste
1 beaten-up Egg

Method.—Mix the Lentils, Mashed Potatoes, Breadcrumbs, Parsley, and Onion Juice together, add the Pepper, Salt, and Butter, then stir in the Egg and beat all together; put a tablespoonful into a little Pastry, roll into shape, bake ½ hour and serve with Brown Gravy.

PASTRY.

Ingredients.—1 lb. of Flour
6 ozs. of Nutter or Albene
1 teaspoonful of Baking Powder
Pinch of Salt
½ pint of Cold Water

Method.—Rub the Nutter or Albene thoroughly into the Flour, add the Baking Powder and Salt with just sufficient Water to enable the paste to be rolled out.

BROWN GRAVY.

Ingredients.—1 oz. of Butter
1 good-sized Onion
1 pint of Haricot Stock
Salt
Browning
1 tablespoonful of Flour

Method.—Melt the Butter in a saucepan, slice the Onion, add this and the Haricot Stock, a little Salt, a little Browning, and strain; then stir in the Flour, previously mixed with a little Cold Water, and serve hot.

HARICOT STOCK.

Ingredients.—½ lb. Brown Haricot Beans
1 quart of Boiling Water

Method.—Boil for 2 hours, strain and rub through a sieve, add more Water if required to make one pint of Stock.

MASHED POTATOES.

Take 12 Potatoes, steam ½ hour, put into a basin, mash with a fork adding 1 oz. of Butter, a little Pepper and Salt, put into a hot dish and keep in the oven till ready to be served.

BRUSSELS SPROUTS.

Wash the Sprouts in Cold Water, and when thoroughly cleansed put into a pan of Boiling Water, to which a little Salt has been added; cook from 10 to 15 minutes or till tender.

PARADISE PUDDING.

Ingredients.—½ lb. of grated Apples
¼ lb. of Breadcrumbs
3 ozs. of Sugar
3 Eggs, well beaten
The Juice of 1 Orange
A little Lemon Rind
Salt and Nutmeg to season
Cold Water

Method.—Mix the grated Apple, Breadcrumbs, and Sugar together, then add the Lemon Rind, Salt and Nutmeg; put as much Water to the juice of the Orange as will half fill a teacup, add this and the Eggs; mix all together, beat well, and steam in a buttered mould for 2 hours; turn out and serve with Sweet Sauce.

SWEET SAUCE.

Ingredients.—1 pint of Milk
5 lumps of Sugar
The grated rind of 1 Lemon
1 tablespoonful of Corn Flour

Method.—Put the Milk into a saucepan with the S
Lemon Rind; bring to the boil, then
spoonful of Corn Flour, mix with a li
or Water, put into the saucepan and s
till thick; serve in a tureen or pour ove

Menu No. 10

VEGETABLE SOUP.

Toasted Granose Flakes White or Brown Toast.

Wholemeal Bread.

CHEESE PUDDING.

Potato Rice. Boiled Cauliflower.

GOLDEN PUDDING.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons)

VEGETABLE SOUP.

Ingredients.—4 Carrots
4 Turnips
2 Onions
2 heads of Celery
2 Parsnips
1 oz. of Butter
Pepper and Salt to taste
3 quarts of Boiling Water

Method.—Wash all the Vegetables thoroughly, then put into the saucepan with the Water, and boil from 2 to 3 hours. Strain and rub through a sieve, add the Pepper, Salt and Butter. If thought desirable to make the Soup darker in colour, a little Browning may be added. If Garden Peas are in season, shell what will fill a teacup, and add to the Soup: they will increase its nutritive value; or an equal quantity of Dried Peas may be added, but neither of these is essential to the making of a good wholesome Soup.

CHEESE PUDDING.

Ingredients.—6 ozs. of grated Cheese
2 finely chopped Onions
Pepper and Salt to taste
A little Celery Salt

Method.—Mix the Cheese, Onions and Seasoning together, line a basin with Pastry, cover with the same and steam 2 hours.

PASTRY.

Ingredients.—1 lb. of Flour
6 ozs. of Nutter or Albene
1 teaspoonful of Baking Powder
A pinch of Salt
½ pint of Cold Water

Method.—Rub the Nutter or Albene thoroughly into the Flour, add the Baking Powder and Salt with just sufficient Water to enable the paste to be rolled out.

POTATO RICE.

Take 12 Potatoes, steam ½ hour, put through a masher, serve in a hot dish.

BOILED CAULIFLOWER.

Take 1 good-sized or 2 small Cauliflowers, remove the outer leaves, cleanse thoroughly in Salt and Water, rinse in Cold Water, put into a saucepan with a gallon of Boiling Water, a tablespoonful of Salt, and a pinch of Soda. Boil from 15 to 20 minutes.

GOLDEN PUDDING.

Ingredients.—2 ozs. of Butter
½ lb. of Breadcrumbs
4 ozs. of Marmalade
3 ozs. of Sugar
2 beaten-up Eggs

Method.—Rub the Butter well into the Breadcrumbs, then mix the Marmalade and the Sugar thoroughly with this, add the Eggs and, if nece put into a well-buttered mould ed paper, steam 1½ hou sprinkled over the top

Menu No. 12

CARROT SOUP.

Toasted Granose Flakes. Fried dice of Bread.

ITALIAN CUTLETS.

Potatoes baked in their skins. Brussels Sprouts.

CHELTENHAM PUDDING.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

CARROT SOUP.

Ingredients.—1 lb. of Carrots
1½ pints of Boiling Water
4 ozs. of Butter
1 saltspoonful of Sugar
1 teaspoonful of Salt
A few sprigs of Parsley
A few sprigs of Thyme
2 Bay Leaves
1 Onion stuck with Cloves
1 quart of Haricot Stock

Method.—Cut the Carrots into dice, put into a stewpan with the Water, and parboil for 10 minutes, strain and return to the pan with the Butter, Sugar, Herbs and Onion; cook till tender, then remove the Onion and Herbs, pass through a sieve, and add the Haricot Stock; cook all together for 15 or 20 minutes, flavour to taste and serve.

HARICOT STOCK.

Ingredients.—½ lb. Brown Haricot Beans
1 quart of Boiling Water

Method.—Boil for 2 hours, strain and rub through a sieve, add more Water if required to make 1 pint of Stock.

ITALIAN CUTLETS.

Ingredients.—2 Spanish Onions
2 Turnips
4 Carrots
½ lb. of Breadcrumbs
½ lb. of Cooked Egyptian Lentils
1 handful of chopped Parsley
Pepper and Salt
3 well-beaten Eggs

The Lentils are prepared by putting into 1½ pints of Boliing Water and cooking twenty minutes.

Method.—Cook the Onions, Carrots and Turnips till tender, mince finely and mix with the Breadcrumbs, Lentils, chopped Parsley and the other ingredients. Mould the mixture into the shape of Cutlets, dip in Egg and Breadcrumbs, and fry in very hot Nutter or Albene. Arrange round a centre of Spinach.

POTATOES BAKED IN THEIR SKINS.

Take 12 medium-sized Potatoes, clean and bake in the oven 2 hours. Serve in a napkin on a hot dish.

BOILED BRUSSELS SPROUTS.

Wash 2 lbs. of Brussels Sprouts in Cold Water, and when thoroughly cleansed put into a pan of Boiling Water, to which a little Salt has been added. Cook from 10 to 15 minutes, or till tender.

SPINACH.

Take 3 lbs. of Spinach, clean well, removing any portions that are bad, put into a saucepan without any Water, keep the lid on, except when occasionally stirring, cook ½ hour, remove and rub through a sieve, add 1 oz. of Butter and a little Pepper and Salt.

CHELTENHAM PUDDING.

Ingredients.—Raspberry Jam
Breadcrumbs
3 Eggs
1 pint of Milk

Method.—Butter the inside of 6 or 7 cups, put a teaspoonful of Raspberry Jam at the bottom, half fill with Breadcrumbs or Broken Biscuit, or with alternate layers of these, and fill the cups with a mixture of Egg and Milk, in the proportion of 3 Eggs to 1 pint of Milk. Steam 1 hour.

Menu.—No. 13

TASTY SOUP.

Toasted Granose Flakes. White or Brown Bread toasted.

MOCK BEEF STEAKS.

Green or Dried Peas. Potatoes roasted in their skins.

APPLE TRIFLE.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

TASTY SOUP.

Ingredients.—The remains of Carrot or other Soup
1 tablespoonful of Pea Flour
1 Onion

Method.—Mix the Pea Flour with a little Cold Milk, put into the pot with the other ingredients and boil 20 minutes. Serve very hot.

MOCK BEEF STEAKS.

Ingredients.—8 slices of Brown Bread
Tomato Sauce or Mushroom Ketchup
Salt
8 Tomatoes
4 Onions

Method.—Cut the slices of Brown Bread of medium thickness, remove the crust, dip in Tomato Sauce or Mushroom Ketchup to flavour, sprinkle a little Salt over and fry a nice brown in Nutter or Albene. Dip the Tomatoes into Boiling Water, peel, cut into slices, fry and put on the Steaks, then slice the Onions, fry, and arrange round the dish.

DRIED PEAS.

Take 1 lb. of Peas that have been allowed to steep overnight; boil 2 hours or till tender.

POTATOES ROASTED IN THEIR SKINS.

Take 12 medium-sized Potatoes, clean thoroughly and bake in the oven 2 hours. Serve in a napkin on a hot dish.

APPLE TRIFLE.

Ingredients.—8 to 10 Apples
The Rind of 1 Lemon
2 ozs. of Sugar
1 pint of Milk
The Yolks of 2 Eggs
2 to 3 drops of Vanilla Essence
¼ lb. of Whipped Cream

Method.—Peel, core and cut the Apples into slices, put into a stewpan with the Lemon Peel and Sugar, boil till tender, then remove and beat to a pulp, put into a glass dish, and, having made a Custard with the Milk and Yolks of Eggs, sweeten, flavour with Vanilla, and pour over the Apple, then put the Whipped Cream on top.

CUSTARD.

Put the Milk into a saucepan, bring to the boil, then take a basin and beat up the Yolks of the Eggs in it, pour the Hot Milk over, sweeten, add the Vanilla, put back into the saucepan and stir till it thicken. It must not boil.

Menu.—No. 14

BUTTER BEAN SOUP.

Toasted Granose Flakes. Fried Dice of Bread.

IRISH STEW.

Boiled Curly Greens. Stewed Artichokes.

FIG PUDDING WITH LEMON SAUCE.

Dessert.

Ingredients & Method of Preparation.

(*Arranged for six persons*).

BUTTER BEAN SOUP.

Ingredients.—1½ lbs. of Butter Beans
3 Onions
2 quarts of Boiling Water
1 pint of New Milk
Pepper and Salt to taste

Method.—Take the Butter Beans that have been steeped overnight in Cold Water and the Onions, put into the Boiling Water, cook till tender, rub through a sieve, put back into the pot with the Milk, season and serve very hot.

IRISH STEW.

Ingredients.—1 lb. of Marrowfat Peas
3 small Carrots
1 Parsnip
1 Turnip
1 lb. of Potatoes
3 good-sized Onions
2 quarts of Boiling Water
1½ ozs. of Butter
1 saltspoonful of Celery Salt
Pepper and Salt to taste

Method.—Take the Peas that have been steeped overnight in Hot or Cold Water and the other Vegetables, put into the pan of Boiling Water, cook 2 hours, adding, when nearly ready, the Celery Salt, Seasoning and Butter. A few drops of Browning may also be added if desired.

Boiled Curly Greens.

Take 4 medium-sized Curly Greens, remove the stalks, put into a pan of Salt and Water to cleanse. Have a pan of Boiling Water ready, into which put 1 tablespoonful of Salt, a pinch of Soda, and the Greens. Cook ½ hour.

Boiled Artichokes.

Put 2 lbs. of Artichokes into a pint of Boiling Water, add 1 pint of Milk, season to taste, and, when cooked, add a little Butter and 1 tablespoonful of Flour mixed with a little Milk, stirring all the time, in order to thicken the Sauce.

FIG PUDDING.

Ingredients.—6 ozs. of Wheatmeal
½ lb. of Broad Figs
1 teaspoonful of Baking Powder
A little Sugar
3 ozs. of Nutter or Albene
½ pint of Milk or Water
2 Eggs

Method.—Cut or chop the Figs into pieces, mix with the Wheatmeal, Sugar and Baking Powder, add the Nutter, or, if Albene be used, make it hot. Stir well and quickly into the mixture, add the Milk or Water and, if it be desired to make the pudding richer, 2 Eggs. Serve with Lemon Sauce.

LEMON SAUCE.

Take ½ pint of Cold Water, a little Lemon Rind and Sugar, thicken with a little Corn Flour, and boil 10 minutes.

Menu.—No. 16

SPLIT PEA SOUP.

Granose Flakes. Brown or White Toast.

CUCUMBER PIE.

Mashed Potatoes. Spinach.

ALMOND AND RAISIN PUDDING.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

SPLIT PEA SOUP.

Ingredients.—1 pint of Split Peas
3 Onions
1 good-sized Turnip
2 quarts of Water
Pepper and Salt to taste
Milk or Milk and Butter if desired

Method.—Boil the Peas, Onions and Turnip in the Water till tender, strain, rub through a sieve, put back into the saucepan, add Pepper and Salt. ½ pint of Milk may be added or that and 1 oz. of Butter.

CUCUMBER PIE.

Ingredients.—1 good-sized Cucumber
3 medium-sized Onions
1 oz. of Butter
Pepper and Salt to taste

Method.—Peel and slice the Cucumber, slice the Onions and put these and the Cucumber into a pie dish with the Butter and Seasoning in alternate layers, cover with Pastry, brush with yolk of Egg and bake.

PASTRY.

Take 1 lb. of Flour, 6 ozs. of Nutter or Albene, 1 teaspoonful of Baking Powder, and a pinch of Salt. Rub the Nutter or Albene thoroughly into the Flour, add the Baking Powder and Salt, and just sufficient Water to enable the paste to be rolled out. The amount required is [illegible] quarter of a pint.

Mashed Potatoes.

Take 12 Potatoes, steam ½ hour, put into a basin, mash with a fork, add 1 oz. of Butter and a little Pepper and Salt. Put into a hot dish and keep in the oven till wanted.

Spinach.

Take 3 lbs. of Spinach. clean it well, removing any portions that are bad, put into a saucepan without any Water, keep the lid on except when occasionally stirring to prevent burning. Cook ½ hour, rub through a sieve, mix with it 1 oz. of Butter, a little Pepper and Salt. Serve on Buttered Toast in a hot dish.

ALMOND AND RAISIN PUDDING.

Ingredients.—2 ozs. of Raisins
2 ozs. of Split Almonds
1 breakfastcup of Warm Milk
1 teacupful of fine Breadcrumbs
A small piece of Butter
1 dessertspoonful of Sugar
A little grated Rind of Lemon
2 Eggs

Method.—Well Butter a plain mould, and stick a layer of Raisins and Almonds round it. Pour the Milk over the Breadcrumbs, and after the mixture has stood for a little while to soak, add the Butter, Sugar, Lemon and Eggs. Beat all together and pour into the mould. Cover closely and steam for 3 hours.

Menu.—No. 17

VEGETABLE MARROW SOUP.

Fried Sippets of Bread.

TOMATOES AND MACARONI.

Cauliflower or Brussels Sprouts. Mashed Potatoes.

BANANA FRITTERS.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

VEGETABLE MARROW SOUP.

Ingredients.—1 Vegetable Marrow
3 Onions
2 quarts of Boiling Water
1 teaspoonful of Browning
1 tablespoonful of Mushroom Ketchup
Pepper and Salt to taste

Method.—Take the Vegetable Marrow, or what was left of the Mock Stuffed Goose, put into the water along with the Onions, and boil till tender. Strain and rub through a sieve. Put back into the saucepan, add the Browning, Mushroom Ketchup and Seasoning. Serve very hot with fried Sippets of Bread.

TOMATOES AND MACARONI.

Ingredients.—½lb of small-cut Macaroni
1lb of sound Tomatoes
1oz of Butter
Grated Cheese
Finely-Chopped Parsley

Method.—Boil the Macaroni in salted water till tender, drain. While the Macaroni is cooking, take another stew-pan and put the Tomatoes and Butter into this, and stew for 15 minutes. Pile up the Macaroni on a hot dish and arrange the Tomatoes round it. Sprinkle some grated Cheese over the Macaroni, put some finely-chopped Parsley on the Tomatoes and serve.

Cauliflower.

Take one good-sized or two small Cauliflowers, remove the outer leaves, put into a pan of salt and water to cleanse, rinse with clean cold water, put into a saucepan with a gallon of boiling water, a tablespoonful of Salt and a pinch of Soda. Boil from 15 to 20 minutes.

Brussels Sprouts.

Wash 2lbs. of Brussels Sprouts in cold water, and when thoroughly clean put into a pan of boiling water to which a little Salt has been added. Cook from 15 to 20 minutes or till tender.

Mashed Potatoes.

Take 12 Potatoes. Steam ½ hour, put into a basin, mash with a fork, adding 1oz. of Butter and a little Pepper and Salt. Put into a hot dish and keep in the oven till wanted.

BANANA FRITTERS.

Ingredients.—3ozs. of Flour
½ teaspoonful of Baking Powder
2 beaten up Eggs
2 Bananas
Sifted Sugar
A little Milk

Method.—Mix the Flour, Eggs and Baking Powder together, stirring briskly all the time and using a little Milk if necessary. Cut the Bananas into rings, put them into the Batter. Have at hand a pan of very hot Nutter or Albene, take a tablespoonful of the mixture, drop into this and cook for 10 minutes or till nicely done. Serve, piled up on a hot dish and sprinkled over with sifted Sugar.

Menu.—No. 18

ASPARAGUS SOUP.

Toasted Granose Flakes.

Wholemeal Bread or Fried Sippets of Bread.

MINCE FRITTERS.

Baked Potatoes. Baked Artichokes.

SWEET OMELET WITH RASPBERRY JAM.

Dessert.

Ingredients & Method of Preparation.

(*Arranged for six persons*).

ASPARAGUS SOUP.

Ingredients.—1 bunch of Asparagus
1 lb. of Potatoes
1 quart of Boiling Water
Pepper and Salt to taste

Method.—Prepare the Asparagus as for boiling, cut the tender part of the stalks into small pieces, add the Potatoes and cook till a thick soup is formed; strain, rub through a sieve, add the Seasoning and Milk, or, if desired, a little Cream.

MINCE FRITTERS.

Ingredients.—½ pint of good Brown Haricot Stock
1 sliced Onion
A little Salt
4 Cold Lentil Sausages
2 Eggs
2 ozs. of Patna Rice, plainly boiled

Method.—Put the Stock into a pan with the sliced Onion and Salt, cut the Lentil Sausages into rings, boil 2 Eggs for ten minutes, shell and slice them, put the slices of Sausage into the boiling Stock, pour gently on to a dish, placing the sliced Eggs on top and the Rice around.

BROWN HARICOT STOCK.

Take ½ lb. of Brown Haricots, steep overnight in hot or cold Water, put into a pan with 1 quart of Boiling Water, boil 2 hours, strain and rub through a sieve.

LENTIL SAUSAGES.

Ingredients.—4 tablespoonfuls of Lentils
2 boiled Potatoes
1 oz. of Butter
4 tablespoonfuls of Breadcrumbs
2 Eggs
Pepper and Salt to taste

Method.—Put the Lentils into a pint of Boiling Water and boil 20 minutes; add the Butter, Pepper and Salt, mash the Potatoes and mix thoroughly with the Lentils, then add the Breadcrumbs and 1 Egg; make into the shape of Sausages, dip in Egg and Breadcrumbs and fry in Boiling Nutter. Time required about 10 minutes.

BAKED POTATOES.

Wash and peel 3½ lbs. of Potatoes, put into a shallow dish and fill up with Cold Water, slice an Onion and put over the Potatoes, put 1 oz. of Nutter or Butter on top and bake in a slow oven 1 hour.

BAKED ARTICHOKES.

Take 2½ lbs. of Artichokes, clean and peel, put into a pie dish with a little Pepper and Salt, pour over 1 teacupful of Hot Water, then add 2 ozs. of Nutter or Butter and bake ¾ of an hour.

SWEET OMELET.

Ingredients.—3 Eggs
Vanilla Essence
Sugar
Raspberry Jam

Method.—Take the Yolks of the Eggs and well beat them, then the Whites and beat to a stiff froth, add a little Vanilla Essence and Sugar, mix all together, fry a light brown in a little Butter and serve with Raspberry Jam.

Menu.—No. 19

SPINACH SOUP.

Toasted Granose Flakes. Fried Dice of Bread.

FRIED PROTOSE WITH TOMATOES.

Boiled French Beans. Potatoes Roasted in their Skins.

APRICOT PRESERVE PUDDING.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

SPINACH SOUP.

Ingredients.—2 quarts of Spinach
2 sprigs of Parsley
2 Carrots
2 Turnips
1 head of Celery or
1 saltspoonful of Celery Seed
1 quart of Boiling Water
1 pint of Milk
Pepper and Salt to taste

Method.—Stew the Spinach, Parsley, Carrots, Turnips, Celery or Celery Seed together in the Water till quite tender, rub through a sieve, add the Milk and Seasoning and boil 20 minutes.

FRIED PROTOSE WITH TOMATOES

Ingredients.—1 lb. of Protose
A little Salt
1 lb. of Tomatoes
A little Butter
1 Spanish Onion, sliced

Method.—Cut the Protose into pieces ¼ inch thick, season and fry in Hot Nutter or Albene till of a nice brown colour; then take the Tomatoes, dip them in Hot Water, remove the skins, and stew in a little Butter or Nutter with the Onion. Arrange the Protose on a hot dish with the Tomatoes and Onion round it.

Boiled French Beans.

Take 2 lbs. of French Beans, remove the ends and cut them in a slanting manner, put into a gallon of Boiling Water to which 1 tablespoonful of Salt and a pinch of Soda have been added. Boil from 30 to 45 minutes.

Potatoes Roasted in their Skins

Take 12 medium-sized Potatoes, cleanse and bake in the oven 2 hours. Serve in a napkin on a hot dish.

APRICOT PRESERVE PUDDING.

Ingredients.—1 tablespoonful of Flour
2 tablespoonfuls of Cold Milk
1 cupful of Boiling Milk
The grated rind of 1 Lemon, or
2 or 3 drops of Essence of Lemon
1 tablespoonful of Sugar
A piece of Butter the size of a walnut
The Yolk of 1 Egg
The Whites of 2 Eggs
Cochineal
Spongecake
Apricot Jam

Method.—Mix the Flour smoothly with the Cold Milk, pour the Boiling Milk flavoured with the Lemon, the Sugar, Butter and Yolk of Egg over this, simmer gently, stirring all the time, till it thicken. Line a piedish with Pastry, 3 parts fill it with slices of Spongecake spread with Apricot Jam, pour the Custard over and bake half an hour in a moderate oven. When sufficiently done lay on the pudding the Whites of the Eggs beaten to a stiff froth, one being slightly coloured with Cochineal. Put into the oven a few minutes longer and serve.

PASTRY.

Ingredients.—1 lb. of Flour
6 ozs. of Nutter or Albene
1 teaspoonful of Baking Powder
A pinch of Salt
½ pint of Cold Water

Method.—Rub the Nutter or Albene thoroughly into the I add the Baking Powder and Salt, with just suff. Water to enable the paste to be rolled out.

Menu.—No. 20

PARSNIP SOUP.

Toasted Granose Flakes. Brown Bread.

BUTTER BEAN PIE.

Mashed Potatoes. Boiled Cauliflower.

PINE-APPLE SHAPE.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

PARSNIP SOUP.

Ingredients.—3 Parsnips
3 Onions
2 quarts of Boiling Water
2 tablespoonfuls of Lentil Flour
Browning
Pepper and Salt to taste

Method.—Cut the Parsnips and Onions into small pieces and put into Boiling Water, cook till tender, rub through a sieve and put back into the saucepan, mix the Lentil Flour with a little Water and pour into the Soup, stirring all the time to prevent its getting into lumps; add a few drops of Browning and Season to taste.

BUTTER BEAN PIE.

Ingredients.—1 lb. of Butter Beans
Chopped Parsley
A little Butter
Pepper and Salt
Browning

Method.—Take the Butter Beans, previously steeped overnight, and cook in 2 quarts of Boiling Water for 2 hours, strain and put into a well-buttered pie dish in layers as follows: a layer of Beans, then a layer of Chopped Parsley, a little Butter, Pepper and Salt. Repeat in this order till the dish is nearly full, fill up with a little of the Stock to which a few drops of Browning have been added, cover with Pastry and bake.

PASTRY.

Ingredients.—1 lb. of Flour
6 ozs. of Nutter or Albene
1 teaspoonful of Baking Powder
A pinch of Salt
½ pint of Cold Water

Method.—Rub the Nutter or Albene thoroughly into the Flour add the Baking Powder and Salt, and just as much Water as is necessary to enable the paste to be rolled out.

MASHED POTATOES.

Take 12 Potatoes, steam ½ hour, put into a basin, mash with a fork, adding 1 oz. of Butter and a little Pepper and Salt. Put into a hot dish and stand in the oven till required.

BOILED CAULIFLOWER.

Take 1 good-sized or 2 small Cauliflowers, remove the outer leaves, put into a pan of Salt and Water to cleanse, rinse with clean Cold Water, put into a saucepan with a gallon of Boiling Water, a tablespoonful of Salt and a pinch of Soda. Boil from 15 to 20 minutes.

PINE-APPLE SHAPE.

Ingredients.—1 teacupful of Tapioca
4 teacupfuls of Water
1 teacupful of Sugar
1 juicy Pine-apple

Method.—Soak the Tapioca overnight in 1½ teacupfuls of Water, add 2½ teacupfuls more of Water and cook, till transparent, in a double boiler, then add the Sugar and the Pine-apple minced finely with a sharp knife. Put into a wet mould and serve cold with Whipped Cream.

Menu No. 21

BUTTER BEAN AND TOMATO SOUP.

Toasted Granose Flakes. Wholemeal Bread.

SAVOURY RICE.

Potatoes in their Skins. Boiled Cauliflower.

BAKED APPLE PUDDING WITH CREAM OR SAUCE.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

BUTTER BEAN AND TOMATO SOUP.

Ingredients.—Remains of Butter Bean Stock used to make the Butter Bean Pie
1 lb. of Peeled Tomatoes
1 Onion
2 pints of Boiling Water
1 oz. of Butter
Pepper and Salt to taste

Method.—Take the Stock, put it into the Water along with the Tomatoes, cut small, and the Onion. Boil till tender add the Butter, Season and serve hot.

SAVOURY RICE.

Ingredients.—1 teacupful of Rice
1 tablespoonful of Chopped Parsley
1 oz. of Butter
2 Eggs
1 teacupful of Milk
Pepper and Salt to taste

Method.—Boil the Rice in Boiling Water till tender and till the Water is absorbed, put into a buttered pie dish with the Parsley, Butter and Seasoning; beat the Eggs well and stir into the Milk, then pour into the pie dish and bake a nice brown.

Potatoes in their Skins.

Take 12 medium sized Potatoes, wash and scrub them. Put on a dish in a moderate oven and bake from 1½ to 2 hours according to size and heat of oven.

Boiled Cauliflower.

Take 1 good-sized or 2 small Cauliflowers, remove the outer leaves, put into a pan of Salted Water to cleanse—rinse in Cold Water —put into a gallon of Boiling Water with one tablespoonful of Salt and a pinch of Soda. Boil from 15 to 20 minutes.

BAKED APPLE PUDDING.

Ingredients.—8 large Apples
½ lb. of Breadcrumbs, or more if required
Brown Sugar
1 teacupful of Milk
2 ozs. of Butter
Slices of Buttered Bread

Method.—Peel, core and slice the Apples, put into a pie dish in the following manner: first a layer of Breadcrumbs, then a layer of Apple, another layer of Breadcrumbs, another of Apple and so on till the pie dish is full. Strew each layer of Apple with Brown Sugar, put the Butter in pats on top, pour a small teacupful of Milk over, cover with a close layer of thin slices of Buttered Bread, press a plate firmly over and bake slowly. Serve with Cream or Sweet Sauce.

Menu No. 23

BROWN HARICOT SOUP.

Sippets of Toast. Granose Flakes, Toasted.

MUSHROOM PIE.

Mashed Potatoes. Brussels Sprouts.

COFFEE JELLY WITH WHIPPED CREAM.

Dessert.

Ingredients & Method of Preparation.

(*Arranged for six persons*)

BROWN HARICOT SOUP.

Ingredients.—1 lb. of Brown Haricot Beans
2 Spanish Onions
1 Carrot
2 or 3 drops of Browning
1 tablespoonful of Mushroom Ketchup
Pepper and Salt to taste
2 quarts of Boiling Water

Method.—Put the Haricot Beans, that have been steeped over night, into the Boiling Water along with the Onions and Carrot. Boil 2 hours, strain and rub through a sieve, then add the Browning, Mushroom Ketchup, Pepper and Salt, and, if necessary, a little more Boiling Water. Serve with Sippets of Toast or Granose Flakes.

MUSHROOM PIE.

Ingredients.—1ST OF THE BATTER

2 teacupfuls of Flour
3 beaten-up Eggs
1 teacupful of Milk

Method.—Mix the Flour with the Eggs into a smooth Batter, then add the Milk, stirring all the time, season and fry in thin Pancakes till lightly browned.

2ND OF THE OTHER PART

1 lb. of Mushrooms
2 ozs. of Nutter or Butter
1½ teacupfuls of Brown Gravy
Pepper and Salt

Method.—The Pancakes should be made the previous day. Now peel the Mushrooms and fry in Butter or Nutter. Cut these and the Pancakes into pieces, 1 inch or so in size, put into a pie dish till three parts full, then fill up wit' with *Pastry*, well brus

BROWN GRAVY.

Ingredients.—1 oz. of Butter
1 good-sized Onion
1 pint of Haricot Stock
Salt
2 or 3 drops of Browning
1 tablespoonful of Flour

Method.—Melt the Butter in a saucepan. Cut up the Onion, put it into the Butter, add the Haricot Stock, Salt and Browning, strain, stir in the Flour to thicken and serve hot.

BROWN HARICOT STOCK.

Take ¼ lb. of Brown Haricot Beans, steep over-night in Hot or Cold Water, put into a pan with 1 quart of Boiling Water. Boil 2 hours. Strain and rub through a sieve.

PASTRY.

Ingredients.—1 lb. of Flour
6 ozs. of Nutter or Albene
1 teaspoonful of Baking Powder
A pinch of Salt
¼ pint of Cold Water

Method.—Rub the Nutter or Albene thoroughly into the Flour, add the Baking Powder and Salt, and just sufficient Water to enable the paste to be rolled out.

MASHED POTATOES.

Take 12 Potatoes, peel and steam for ½ hour, then put in a basin and mash with a fork, adding 1 oz. of Butter and a little Pepper and Salt. Put into a hot dish and keep in the oven till ready to be served.

BRUSSELS SPROUTS.

Wash 2 lbs. of Brussels Sprouts in Cold Water, and when thoroughly clean put into a pan of Boiling Water, to which a little Salt has been added. Cook till tender. Time: 10 to 15 minutes.

COFFEE JELLY.

Ingredients.—4 ozs. of Coffee
1½ pints of Boiling Water
3 ozs. of Sugar
3 ozs. of Corn Flour
½ pint of Cream

Method.—Infuse the Coffee in the Boiling Water for 10 minutes, strain and add the other ingredients. Boil 8 minutes, stirring well and pour into a shape. Serve cold with Whipped Cream poured over.

Menu.—No. 24

VEGETABLE OYSTER SOUP

Granose Flakes. Sippets of Toast.

QUAKER OAT RISSOLES.

Potato Rice. Stewed Celery.

CHOCOLATE CREAM.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

VEGETABLE OYSTER SOUP.

Ingredients.—1 quart of Grated Salsify
1 quart of Boiling Water
1 pint of Milk
1 cup of thin Cream
Pepper and Salt to taste
2 tablespoonfuls of Flour

Method.—Remove the outer skin and rootlets from the Salsify, put into a pan of Cold Water for 1 hour, grate on a vegetable grater and put into the Boiling Water and boil slowly till quite tender; then add the Milk, Cream, and, while boiling, the Flour previously mixed to a cream with a little Milk. Let the Soup boil till it thicken, stirring the while.

QUAKER OAT RISSOLES.

Ingredients.—6 tablespoonfuls of Cooked Oats
1 tablespoonful of Chopped Parsley
1 grated Onion
3 ozs. of Breadcrumbs
Pepper and Salt to taste
2 Eggs

Method.—Mix the Cooked Oats, Chopped Parsley, grated Onion, Breadcrumbs and Seasoning together; bind with the Eggs, roll in Egg and Breadcrumbs and fry in Nutter or Albene.

Potato Rice.

Take 12 Potatoes, steam ½ hour, put through a masher, serve in a hot dish.

Stewed Celery.

Take 4 heads of Celery, wash thoroughly remove any portions that are bad, put into an enamelled saucepan with 1 quart of Boiling Water, stew 1 hour or till tender. Take 1 pint of Milk and put it into the saucepan with the Celery, add 1 oz. of Butter, a little Pepper and Salt, and after mixing 1 oz. of Flour with a little Cold Water stir it into the Milk to thicken. Serve on Toast.

CHOCOLATE CREAM.

Ingredients.—1 oz. of Powdered Chocolate
1 tablespoonful of Milk
1½ ozs. of Castor Sugar
1½ pints of thick Cream

Method.—Dissolve the Chocolate in the Milk by warming, mix this with the Cream and Sugar, whip the whole till quite stiff; pour into a mould lined with wetted muslin, allow to stand 12 hours, turn out, remove the muslin and sprinkle with dessicated Cocoanut.

Menu.—No. 25

QUAKER OAT SOUP.

Granose Flakes. Toast.

MACARONI CHEESE.

Baked Potatoes. Tomato and Onion Stew.

APPLE TART.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

QUAKER OAT SOUP.

Ingredients.—2 teacupfuls of Quaker Oats
3 Spanish Onions
2 Turnips
2 quarts of Boiling Water
1 pint of New Milk
Pepper and Salt to taste

Method.—Put the Oats into the Boiling Water along with the Onions and Turnips, boil till tender, strain and rub through a sieve, add the Milk, Season, reheat and serve very hot.

MACARONI CHEESE.

Ingredients.—½ lb. of Macaroni
1 quart of Salted Water
3 ozs. of grated Cheese
1 Egg
1 teacupful of Milk
1 breakfastcupful of Breadcrumbs

Method.—Boil the Macaroni in the Water till tender. This usually takes half-an-hour. Drain and add the Cheese, Butter a pie dish and put the Macaroni and Cheese into it in layers till the dish is full; then mix the Egg, well beaten up, with the Milk, pour into the dish and finish by sprinkling Breadcrumbs over the top and bake a nice brown.

Baked Potatoes.

Take 12 medium-sized Potatoes, clean and bake in the oven 2 hours. Serve in a napkin on a hot dish.

Tomato and Onion Stew.

Ingredients.—
1 lb. of Tomatoes
2 Onions
2 ozs. of Butter
Pepper and Salt to taste

Method.—Stew all together till tender and serve in a hot vegetable dish.

APPLE TART.

Ingredients.—2 lbs. of good Cooking Apples
2 ozs. of Sugar
½ pint of Water

Method.—Peel, core and cut the Apples into slices, add the Sugar, stew in a pie dish with the Water, then put a layer of good Pastry on top to cover and bake a light brown colour in a hot oven.

PASTRY.

Ingredients.—1 lb. of Flour
6 ozs. of Nutter or Albene
1 teaspoonful of Baking Powder
A pinch of Salt
¼ pint of Cold Water

Method.—Rub the Nutter or Albene thoroughly into the Flour, add the Baking Powder and Salt with just sufficient Water to enable the paste to be rolled out.

Menu.—No. 30

TURNIP SOUP.

Granose Flakes, toasted. Brown Bread or Toast.

CHEESE SOUFFLE.

Stewed Tomatoes. Potato Balls.

CRANBERRY PIE.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

TURNIP SOUP.

Ingredients.—3 Turnips
½ dozen Artichokes
6 Potatoes
3 Onions
1 oz. of Butter
1 tablespoonful of Mushroom Ketchup
Pepper and Salt to taste
A little Browning
2 quarts of Boiling Water

Method.—Boil all together in the Water, strain and rub through a sieve, put back into the pan and add the Butter, Ketchup, Seasoning and Browning. Serve very hot.

CHEESE SOUFFLÉ.

Ingredients.—3 ozs. of Cheese
3 beaten-up Eggs
1 teacupful of Milk
Pepper and Salt to taste

Method.—Butter a pie dish and grate the Cheese into it, then pour the beaten-up Eggs and Milk upon the Cheese; Season and bake in a gentle heat for 20 minutes or ½ hour.

Stewed Tomatoes.

Take 1 lb. of Tomatoes, a little Pepper and Salt and a pat of Butter. Stew till tender and serve in a hot vegetable dish.

Potato Balls.

Take 1 lb. of Cooked Potatoes, 2 ozs. of Breadcrumbs, 1 tablespoonful of Chopped Parsley, Pepper and Salt to taste, and 2 Eggs, which must be thoroughly mixed with the other ingredients. Make into Cakes, roll in Egg and Flour and fry in Nutter or Albene.

CRANBERRY PIE.

Ingredients.—1 quart of Cranberries
1 pint of Boiling Water
2 cupfuls of Sugar
½ cupful of well-sifted Flour

Method.—Stew the Cranberries till broken, rub through a sieve, add the Sugar and Flour; bake in a shallow plate with an undercrust only.

PASTRY.

Ingredients.—1 lb. of Flour
6 ozs. of Nutter or Albene
1 teaspoonful of Baking Powder
A pinch of Salt
¼ pint of Cold Water

Method.—Rub the Nutter or Albene thoroughly into the Flour, add the Baking Powder and Salt, with just sufficient Water to enable the paste to be rolled out.

Menu.—No. 32

PEARL BARLEY BROTH.

Toasted Granose Flakes. White or Brown Bread, toasted.

PROTOSE CUTLETS.

Potato Chips. Brussels Sprouts.

APPLE CHARLOTTE.

CORN FLOUR SHAPE.

STEWED DAMSONS.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

PEARL BARLEY BROTH.

Ingredients.—3 ozs. of Pearl Barley
2 Turnips
1 stick of Celery
4 Onions
1 pint of Milk
6 pints of Boiling Water
Pepper and Salt to taste

Method.—Wash and peel the Turnips, wash the Celery, removing any portions that are bad: peel and wash the Onions and put these into the pan of Boiling Water along with the Pearl Barley. Boil from 2 to 2½ hours. Strain and rub through a sieve, put back into the pan, add the Milk and Seasoning and serve.

PROTOSE CUTLETS.

Ingredients.—½ lb. of Minced Protose
¼ lb. of Mashed Potatoes
6 ozs. of Breadcrumbs
2 tablespoonfuls of Chopped Parsley
1 large Spanish Onion, grated
Pepper and Salt to taste
A little Flour

Method.—Mix the ingredients well together and put on a floured paste board, flatten with a knife, sprinkle Flour on top and cut into the shape of Cutlets. Fry a nice brown in very hot Nutter

Potato Chips.

Take 8 large Potatoes, wash thoroughly, cut into thin strips and drop into very hot Nutter or Albene.

Brussels Sprouts.

Take 2 lbs. of Brussels Sprouts, wash thoroughly in Cold Water, and when cleansed put into 2 quarts of Boiling Water to which a little Salt has been added and a little Soda. Cook till tender. Time 10 to 15 minutes.

APPLE CHARLOTTE.

Ingredients.—1 lb. of Breadcrumbs
8 large Apples
2 oz. of Butter
2 ozs. of Sugar
1 teacupful of Milk

Method.—Having buttered a piedish, put a thick layer of Breadcrumbs at the bottom. Peel, core and stew the Apples, and when done spread a layer over the Breadcrumbs and sprinkle freely with Sugar, then follow with other layers of Breadcrumbs, Apple and Sugar, finishing with a good covering of Breadcrumbs and one or two pats of Butter on top. A teaspoonful of Lemon Peel, finely minced, may be added to each layer of Apple sprinkling it over.

CORN FLOUR SHAPE.

Ingredients.—2 ozs. of Corn Flour
1½ pints of Milk
6 lumps of Sugar
A little Vanilla Essence
½ pint of Milk or Cold Water

Method.—Mix the Corn Flour with the Milk or Cold Water, then take the 1½ pints of Milk, boil, add the Sugar and Vanilla flavouring, then the Corn Flour, stirring well for about 8 minutes. Pour into a wet mould.

STEWED DAMSONS.

Take 2 lbs. of Damsons, remove the stalks, put into a pan with a pint of Cold Water and ½ lb. of Sugar. Stew ½ hour.

Menu.—No. 33

FRENCH BEAN SOUP.

Toasted Granose Flakes. Fried dice of Bread.

TOMATO CUTLETS.

Boiled French Beans. Potatoes baked in their Skins.

STEAMED DAMSON PUDDING WITH RAW OR DEVONSHIRE CREAM.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

FRENCH BEAN SOUP.

Ingredients.—2 lbs. of French Beans
1 oz. of Spinach
1 oz. of Parsley
2 Onions
2 ozs. of Butter
A little Pepper
2 quarts of Boiling Salted Water

Method.—Wash the Beans and cut them up small; put into the pan of Water, add the Parsley, Spinach and Onions, cook 1 hour; strain, rub through a sieve, put back into the pan with the Butter and Pepper. Reheat and serve.

TOMATO CUTLETS.

Ingredients.—⅔ of a pint of Italian Peeled Tomatoes
3 ozs. of Semolina
2½ ozs. of Breadcrumbs
1 large Spanish Onion, grated
A pinch of Sugar and Salt
1 saltspoonful of Lemon Thyme
A little Flour.

Method.—Mix the Tomatoes, Semolina, Breadcrumbs, Onion, Sugar, Salt and Lemon Thyme together in a stewpan and bring to the boil. Allow to simmer for half an hour stirring all the time to prevent burning. Pour or spoonful out upon a floured board, flatten with a knife and when cold flour the top and cut into the desired shape. Fry a nice brown in Nutter or Albene.

Boiled French Beans.

Take 2 lbs. of French Beans, remove the ends and cut in a slanting manner, put into a gallon of Boiling Salted Water to which a pinch of Soda has been added. Boil from ½ to ¾ of an hour.

Potatoes baked in their Skins.

Take 14 medium-sized Potatoes, wash and lay on the shelf of the oven and bake 2 hours.

STEAMED DAMSON PUDDING.

Ingredients.—1½ lbs. of Damsons
½ lb. of Sugar
½ teacupful of Water

PASTRY.

1 lb. of Flour
6 ozs. of Nutter or Albene
1 teaspoonful of Baking Powder
½ pint of Water

Method.—Mix the Baking Powder with the Flour, then rub the Nutter or Albene thoroughly into it, add the Water gradually and roll out on a paste board.

Well grease a basin with Nutter or Albene and line it with the paste; now put the Damsons, Sugar and Water into this, cover with the remainder of the paste, lay buttered paper over and steam 3 hours.

Serve with Raw or Clotted Cream.

Menu.—No. 34

BROWN TURNIP SOUP.

Toasted Granose Flakes. Sippets of Brown Toast.

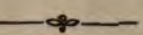
TOMATOES WITH PROTOSE STUFFING.

Boiled French Beans. Potatoes baked in their Skins.

RICE PUDDING.

LEMON TARTLETS.

Dessert.



Ingredients & Method of Preparation.

(*Arranged for six persons*).

BROWN TURNIP SOUP.

Ingredients.—4 or 6 Turnips, according to size
3 Onions
2 ozs. of Nutter or Butter
1 teaspoonful of Odin
3 quarts of Boiling Water
Pepper and Salt to taste

Method.—Cleanse the Turnips thoroughly, peel and cut into slices, slice the Onions and put them and the Turnips into a frying pan with very hot Nutter or Butter and fry a nice brown. Remove and put into the Boiling Water along with the Odin and Seasoning. Boil 1½ hours. Serve very hot.

TOMATOES WITH PROTOSE STUFFING.

Ingredients.—1 dozen good-sized Tomatoes
3 tablespoonfuls of minced Protose
3 large boiled and mashed Potatoes
2 tablespoonfuls of Breadcrumbs
1 tablespoonful of chopped Sage
2 grated Onions
1 tablespoonful of Nutter
Pepper and Salt to taste

Method.—Cut the tops carefully off the Tomatoes and scoop out the interior. Mix the other ingredients thoroughly and fill the Tomatoes with the mixture. Replace each top and bake 1 hour in a moderate oven.

Boiled French Beans.

Take 2 lbs. of French Beans, remove the ends and cut in a slanting manner, put into a gallon of Boiling Salted Water to which a pinch of Soda has been added. Boil from ½ to ¾ hour.

Potatoes baked in their Skins

Take 14 medium-sized Potatoes, wash and lay on the shelf of the oven and bake 2 hours.

RICE PUDDING.

Ingredients.—3 tablespoonfuls of Rice
1 tablespoonful of Sugar
4 breakfastcupfuls of Milk
Grated Nutmeg

Method.—Put the Rice, Sugar and Milk into a pie dish with a little grated Nutmeg on top. Bake in a slow oven for 2 hours.

LEMON TARTLETS.

1. The Lemon Cheese.

Ingredients.—2 ozs. of Butter
½ lb. of Castor Sugar
The Yolks of 3 Eggs
The Whites of 2 Eggs
The grated rind of 1 Lemon
The juice of 1½ Lemons

Method.—Beat the Yolks and Whites of the Eggs together, add the grated Lemon Rind and the Lemon Juice, put into a saucepan with the Butter and Sugar and allow to simmer till the mass is of the consistence of honey and quite smooth. Put into a jar.

2. The Pastry.

Ingredients.—½ lb. of Flour
¼ lb. of Nutter or Butter
1 teaspoonful of Baking Powder
5 tablespoonfuls of Cold Water

Method.—Mix well and roll out rather thinly, cut into rounds the size of tartlet tins, press into the tins, and bake in a quick oven for 15 minutes, then put 1 teaspoonful of the Lemon Cheese into each and serve.

Menu.—No. 35

HERB SOUP.

Toasted Granose Flakes. Fried Dice of Bread.

SAVOURY RAISED PIE.

Boiled Cabbage. Steamed Potatoes.

PLUM TART.

APPLE CHARLOTTE.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

HERB SOUP.

Ingredients.—1 small White Cabbage
1 Carrot
1 Parsnip
1 Turnip
A few sprigs of Parsley
2 Leeks
1 Endive
A little Thyme
1 stick of Celery
2 ozs. of Nutter or Butter
2 quarts of Boiling Water
Pepper and Salt to taste

Method.—Take the Cabbage, Endive, Parsley and Thyme, thoroughly cleanse in plenty water and chop very small. Cleanse the Carrot, Parsnip, Turnip, Leeks and Celery in like manner, peel and remove all outside portions of Leeks and Celery that are not good, then grate on a vegetable grater or chop finely. Now put into a pan in which the Nutter or Butter has been melted, and cook all together slowly with the lid on. Shake the pan frequently to prevent burning When the Vegetables are quite tender pour the Boiling Water over, add the Seasoning, and stew for ½ hour. Time to cook, in all, about 1 hour.

SAVOURY RAISED PIE.

Ingredients.—4 ozs. of Vejola, Protose or Nuttose
½ lb. of Chopped Onions
1½ ozs. of Nutter or Albene
6 ozs. of raw sliced Potatoes
1 lb. of fresh Tomatoes or
½ tin of Italian peeled Tomatoes
Pepper and Salt to taste

Method.—Cut the Vejola, etc., into dice, fry the Onions and Potatoes together in the Nutter or Albene, then fry the Vejola, etc., till the whole is a nice brown colour, add the Tomatoes, season and allow to stew for 15 minutes, taking care that it does not burn.

PASTRY.

Have ready a paste made with 1 lb. of Self-raising Flour, 6 ozs. of Nutter or Albene, a little Salt, and a ¼ pint of Clod Water. Roll out on a paste board, line a loose-bottomed greased tin, pour the contents of the pan into this, cover, decorate the top, brush with Egg and bake 20 minutes in a brisk oven.

BOILED CABBAGE.

Take 2 Cabbages, clean thoroughly, strip and cut into quarters, put into a pan of Cold Water with Salt, then into a saucepan with 1 gallon of Boiling Water, a tablespoonful of Salt and a pinch of Soda. Boil ½ hour.

STEAMED POTATOES.

Take 14 or 16 Potatoes of medium size, clean and peel them, put into a steamer over a saucepan of Boiling Water. Steam ½ hour.

PLUM TART.

Ingredients.—1½ lbs. of Plums
2 ozs. of Sugar sprinkled over
A little Cold Water

PASTRY.

1 lb. of Flour
6 ozs. of Nutter or Albene
½ teaspoonful of Baking Powder
A pinch of Salt
¼ pint of Cold Water

Method.—Rub the Nutter or Albene thoroughly into the Flour, add the Baking Powder and Salt and just sufficient Water to enable the paste to be rolled out.

Put the Plums, Sugar and Water into a pie dish, cover the paste and bake 20 minutes or ½ hour.

Menu.—No. 37

CHERVIL SOUP.

Toasted Granose Flakes. Fried dice of Bread.

DANISH CHICKEN PATTIES WITH BREAD SAUCE.

New Potatoes. Asparagus.

RHUBARB FOOL.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

CHERVIL SOUP.

Ingredients.—1 quart of clear Vegetable Stock
1 tablespoonful of Chervil
1 tablespoonful of Spinach
1 tablespoonful of Parsley
1 tablespoonful of Sorrel
1 oz. of Butter
1 oz. of Flour
1 teaspoonful of Odin
Pepper and Salt to taste

Method.—The Vegetable Stock is the water in which Vegetables have been boiled, such as Potatoes, Cauliflower, Leeks, Onions, etc. Wash and drain all the Vegetables, chop them finely and put into a saucepan with the Butter. Cook till tender then add the Flour, stirring thoroughly, the Stock, Odin and Seasoning. Time required 1 hour altogether.

DANISH CHICKEN PATTIES.

Ingredients.—1 teacupful of shelled and grated Walnuts
1½ teacupfuls of Breadcrumbs
1 grated Onion
½ oz. of Butter
1 teaspoonful of Mace
1 teaspoonful of Flour
1 teacupful of Milk
Pepper and Salt to taste

Method.—Mix the ingredients together in a saucepan, boil 10 minutes. Be careful not to burn. Put about 1 dessertspoonful into each casement, and place in the oven to keep hot. Serve with Bread Sauce.

PASTRY.

Ingredients.—1 lb. of Flour
6 ozs. of Nutter or Albene
½ teaspoonful of Baking Powder
A pinch of Salt
¼ pint of Cold Water

Method.—Rub the Nutter or Albene thoroughly into the Flour adding the Baking Powder and Salt. Mix well with the Water and roll out. Now cut into rounds with a pastry cutter and make a smaller circle in the centre with an egg cup but do not cut through, fry in very hot Nutter or Albene, when the centre will be found to be raised. Remove this with a knife and fill up with the mixture.

BREAD SAUCE.

Ingredients.—1 pint of Milk
1 oz. of Butter
1 Onion with 5 Cloves inserted into it
2 ozs. of Breadcrumbs
1 saltspoonful of Mace
Pepper and Salt to taste

Method.—Put the Milk into a pan with the Onion and Mace, boil ½ hour. Remove the Onion, add the other ingredients and serve in a tureen.

NEW POTATOES.

Take 3 lbs. of New Potatoes cleanse thoroughly and scrape, put them into a saucepan of Cold Water scarcely enough to cover, add 1 teaspoonful of Salt and boil from 10 to 20 minutes. Serve in a hot dish with a little Melted Butter and if desired 1 teaspoonful of chopped Parsley sprinkled over.

ASPARAGUS.

Take 2 lbs. of Asparagus, trim, leaving the stalks from 5 to 6 inches in length, scrape the remaining white portion very clean, tie in bundles and put into a pan of Boiling Water, boil till tender but not soft, take out with a slice, drain, place on a piece of toast previously dipped in the Asparagus Water, lay in a hot dish and serve with White Sauce. Time required 10 to 20 minutes.

WHITE SAUCE.

Ingredients.—1 oz. of Butter
1 oz. of Flour
A pinch of Salt
A little Pepper
½ pint of Milk

Method.—Put the Milk on to boil, while this is being done mix the flour with a little Cold Water or Cold Milk, stir into the Hot Milk, add the Butter and Seasoning, bring to the boil stirring all the time.

RHUBARB FOOL.

Ingredients.—As much Rhubarb as will make 3 pints when cut up
1 teacupful of Water
1 teacupful of Sugar
½ pint of Cream

Method.—Cut the Rhubarb into small pieces, add Sugar and Water. Simmer till tender, rub through a sie[ve] aside till cold, stir in the Cream and grat[e] Nutmeg over the top.

Menu.—No. 38

MARMITE SOUP.

Toasted Granose Flakes. Fried Dice of Bread.

MOCK GOOSE WITH BROWN GRAVY.

Steamed Potatoes. Baked Parsnips.

GROUND RICE PANCAKES.

Dessert.

Ingredients & Method of Preparation.

Arranged for six persons).

MARMITE SOUP.

Ingredients.—4 Onions
4 Potatoes
1 Turnip
1 Parsnip
1 teaspoonful of Marmite
Pepper and Salt to taste
2 quarts of Boiling Water

Method.—Grate all the Vegetables, put them into the Water, boil 1 hour, add the Marmite and Seasoning and serve.

MOCK GOOSE.

Ingredients.—1 large Vegetable Marrow
12 Onions, previously cooked 10 minutes
4 tablespoonfuls of Sage
2 ozs. of Butter
3 ozs. of Breadcrumbs
Pepper and Salt to taste

Method.—Peel, cut lengthwise, scrape and remove the seeds and fibres from the inside of the Marrow. Mix the Onions, Sage, Butter, Breadcrumbs and Seasoning together and fill with the Mixture. Unite the two portions, tie together, flour, put buttered paper over and bake 2 hours. Serve with Brown Gravy.

BROWN GRAVY.

Ingredients.—1 oz. of Butter
1 good-sized Onion
1 pint of Brown Haricot Stock
Salt to taste
2 to 3 drops of Crosse and Blackwell's Browning
1 tablespoonful of Flour

Method.—Melt the Butter in a saucepan, slice the Onion and put it into the Butter, add the Haricot Stock, Salt and Browning. Strain, stir in the Flour to thicken. Serve hot.

BROWN HARICOT STOCK.

Take ¼ lb. of Brown Haricots, steep overnight in Hot or Cold Water, put into a pan with 1 quart of Boiling Water. Cook 2 hours, strain and rub through a sieve.

Steamed Potatoes.

Take 3 lbs. of Potatoes, wash, peel and put into a steamer over a saucepan of Boiling Water. Time required ½ hour.

Baked Parsnips.

Take 3 large Parsnips, clean thoroughly, scrape or peel, then halve and quarter them and lay in a pie dish with a pat or two of Butter and a little Salt. Dredge with Flour. Bake in a quick oven till tender. Time required about 2 hours.

GROUND RICE PANCAKES.

Ingredients.—3 ozs. of Rice Flour
¾ pint of Milk
3 ozs. of Sugar
3 Eggs

Method.—Take half of the Milk, put it into a pan along with the Sugar, set it on the fire or stove to heat. Mix the Rice Flour with the remainder of the Milk, pour into the pan, bring to the boil, stirring all the time. Turn out and mix with the Eggs, well beaten, and fry as pancakes in hot Nutter a golden brown. Sprinkle with Castor Sugar and serve. Time required (*a*) to boil 15 minutes, (*b*) to fry 10 minutes.

Menu.—No. 39

MUSHROOM SOUP.

With Fried Sippets of Toast.

SAVOURY PATTIES WITH TOMATO SAUCE

OR

DANISH MEATOSE PATTIES.

Green Peas. Stewed Celery. Fried Chip Potatoes.

White Sauce.

OPEN GERMAN TART.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

MUSHROOM SOUP.

Ingredients.—2 lbs. of Mushrooms
4 large Onions
½ lb. of Brown Haricots
1 oz. of Butter
3 quarts of Boiling Water
Pepper and Salt to taste

Method.—Put the Brown Haricots into Boiling Water and allow to soak overnight. Peel and wash the Onions and put into a pan of Boiling Water along with the Haricots. Next take the Mushrooms, peel, thoroughly cleanse and fry in the Butter, put into the saucepan with the other ingredients, boil for 1½ hours. Strain, *rubbing* through a sieve. Season and serve.

SAVOURY PATTIES.

Ingredients.—4 ozs. of Patna Rice
2 pints of Boiling Water
½ lb. of Tinned Tomatoes
1 tablespoonful of Tomato Sauce
4 tablespoonfuls of grated Cheese
½ teaspoonful of Marmite
Pepper and Salt to taste
1 oz. of Butter
6-8 slices of Bread from a half-quarter Loaf

Method.—Put the Rice into the pan of Boiling Water, boil till soft and till the Water is absorbed. This usually requires about ¾ hour, and it may be necessary to add a little more Water. Add the Tomatoes, Tomato Sauce, Marmite, two tablespoonfuls of the Cheese, the Butter and Seasoning. Simmer for 10 minutes, taking care that the contents do not burn. Cut the slices of Bread for the outer or larger circles with a Pastry Cutter, shaping them into rounds: do the same for the inner circle, using a smaller cutter or an Egg Cup. Don't cut through. Scoop out the crumbs, fry a light brown in very hot Nutter or Albene, remove from pan, fill up the circles with the Mixture, using about 1 tablespoonful to each. Put the remainder of the Cheese on top and serve round a dish of Green Peas.

TOMATO SAUCE.

Ingredients.—½ lb. of Tomatoes
½ oz. of Butter
1 large Onion
½ pint of Water
1 teaspoonful of Corn Flour
Pepper and Salt to taste

Method.—Cut the Onions up small and put them and the Tomatoes into a pan with the Water. Boil 15 minutes, strain, rub through a sieve. Now put the Butter into a pan, and when melted stir in the Corn Flour and add the Tomatoes and Seasoning.

Menu No. 40

CAULIFLOWER SOUP.

Toasted Granose Flakes. Fried Dice of Bread.

PARSNIP FRITTERS WITH WHITE SAUCE.

Baked Tomatoes. Baked Potatoes.

ITALIAN ROLLS.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons)

CAULIFLOWER SOUP.

Ingredients.—2 ozs. of Pearl Barley
The Flower of 1 Cauliflower
1 tablespoonful of grated Cheese
2 quarts of Boiling Water
1 pint of Milk
Pepper and Salt to taste

Method.—Put the Barley into the Boiling Water and boil 1 hour. Strain and put back into the pan, add the Cauliflower, cut up into small pieces, cook ¼ hour longer; add the grated Cheese, Milk and Seasoning, and bring again to the boil.

PARSNIP FRITTERS.

Ingredients.—3 Parsnips
2 quarts of Boiling Water
1 dessertspoonful of Salt
3 Eggs
3 tablespoonfuls of Breadcrumbs
Pepper to taste

Method.—Clean and scrape or peel the Parsnips, put into the Water with the Salt and boil from 1½ to 2 hours. Strain and mash with a fork adding a little Pepper, the Breadcrumbs and the Eggs, well beaten. Mix and fry in hot Nutter or Albene, allowing one tablespoonful to each fritter. Time required 10 minutes.

WHITE SAUCE.

Ingredients.—1 oz. of Butter
1 oz. of Flour
A pinch of Salt
A little Pepper
½ pint of Milk

Method.—Put the Milk on to boil: while this is being done mix the Flour with a little Cold Water or Cold Milk. Stir into the Hot Milk, add the Butter and Seasoning, bring to the boil stirring all the time.

BAKED TOMATOES.

Take 8 Tomatoes, wipe with a clean cloth, place in a baking-tin with 2 ozs. of Nutter or Butter. Sprinkle with a little Pepper and Salt. Cover with greased paper and bake from 15 to 20 minutes.

BAKED POTATOES.

Take 12 large-sized Potatoes, scrub and dry them thoroughly and bake in the oven from 1 to 2 hours. Now cut them in halves, lengthwise, remove as much of the interior as can be done without breaking the skin. Mash this with 2 ozs. of Butter and a little Pepper and Salt, put back into the skins and sprinkle a little chopped Parsley on each half. Serve very hot.

ITALIAN ROLLS.

Ingredients.—6 ozs. of Flour
6 ozs. of Sugar
2 Eggs
2 ozs. of Almonds
4 drops of Vanilla Flavouring

Method.—Mix the Flour and Sugar, beat the Yolks of the Eggs and add them along with the Flavouring, then the Whites beaten to a stiff froth. Mix all well together, shape into rolls, cover with grated Almonds, or Almonds put through the nut mill, and bake in a moderate oven from 10 to 20 minutes.

Menu No. 41

PEA FLOUR SOUP.

Toasted Granose Flakes. Fried Dice of Bread.

VEGETABLE CURRY WITH BOILED RICE.

Boiled Lettuce. Steamed Potatoes.

PATTERDALE PUDDINGS.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

PEA FLOUR SOUP.

Ingredients.—3 Spanish Onions
1 Sprig of Mint
3 tablespoonfuls of Symington's Pea Flour
2 quarts of Boiling Water
1½ pints of Milk
Pepper and Salt to taste

Method.—Put the Onions and Mint into the Water and boil 1½ hours, strain and rub through a sieve, add the Pea Flour previously mixed with a little of the Milk, then the remainder of the Milk and the Seasoning. Stir till it thicken. Time required from 5 to 10 minutes after the Milk is added.

VEGETABLE CURRY.

Ingredients.—3 Parsnips
3 Carrots
3 Potatoes
6 Artichokes
6 Onions
1 tablespoonful of Curry Powder
1 dessertspoonful of Flour
Salt to taste
3 pints of Boiling Water

Method.—Clean thoroughly and peel or scrape the Vegetables, slice and put into the Water with the exception of the Onions and boil for 1½ hours. Fry the Onions a golden brown in Nutter or Albene and add to the other Vegetables. Season with Salt. Now mix the Curry Powder and Flour with a little Cold Water, add and stir till the contents thicken.

BOILED RICE.

Take 3 ozs. of Rice and put into a pan with 1 quart of Boiling Water, stir constantly till it come to the boil, and allow to boil till all the Water is absorbed. Time required 1 hour. Arrange round the Curry.

BOILED LETTUCE.

Take 8 good-sized Lettuce, trim outer leaves and remove stalks, wash carefully, boil in two quarts of Boiling Water, with 1 dessertspoonful of Salt added, for ½ hour.

STEAMED POTATOES.

Take from 12 to 14 Potatoes, wash, peel and put into a steamer over a pan of Boiling Water. Sprinkle a little Salt over and steam ½ hour.

PATTERDALE PUDDINGS.

Ingredients.—The weight of 3 Eggs in Butter
Flour and Castor Sugar
A pinch of Salt

Method.—Beat the Butter to a cream, add the Eggs, well beaten, and the Salt, Sugar and Flour, previously well mixed together. Mix thoroughly. Butter some cups or tins and half fill with the mixture. Bake lightly in a brisk oven. Time required 10 to 20 minutes.

Menu.—No. 42

GREEN CORN SOUP.

Toasted Granose Flakes. Fried Dice of Bread.

MOCK BEEF STEAK PUDDING.

Fried Cucumbers. Steamed Potatoes.

CUSTARD PUDDING.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

GREEN CORN SOUP.

Ingredients.—1 tin of American Green Corn
1½ pints of Boiling Water
1½ pints of Milk
2 Onions
1 oz. of Butter
Pepper and Salt to taste

Method.—Put the Onions into the saucepan with the Water and Milk, the Butter and Seasoning. Cook ½ hour; add the Corn and cook 15 minutes longer. Serve very hot.

MOCK BEEF STEAK PUDDING.

Ingredients.—1 lb. of Meatose
2 Onions
4 Potatoes
1½ saltspoonfuls of Odin
Pepper and Salt to taste
½ pint of Cold Water

Method.—Cut the Meatose into small pieces, chop the Onions finely, slice the Potatoes, add the Seasoning, Odin and Water.

Now make the

PASTRY.

Ingredients.—½ lb. of Flour
¼ lb. of Nutter or Albene
A pinch of Salt
½ teaspoonful of Baking Powder
5 tablespoonfuls of Cold Water

Method.—Rub the Nutter or Albene thoroughly into the Flour, add the Baking Powder, Salt and Water, roll out. Grease a basin with Nutter or Albene, line it with the Pastry, put in the ingredients, cover with Pastry and steam 2½ hours.

FRIED CUCUMBERS.

Take 2 Cucumbers, peel and cut them into circles of equal thickness, beginning at the thicker end, wipe them dry on a clean cloth, dredge with Flour, fry in very hot Nutter or Albene, turning them till nicely browned, remove with a slice when done, put on a piece of white paper to drain, dust with a little Pepper and Salt and pile high on a hot vegetable dish. Time required to fry 10 minutes.

STEAMED POTATOES.

Take 12 or 14 Potatoes, clean, peel and put them into a steamer over a pan of Boiling Water. Sprinkle a little Salt over them and steam ½ hour.

CUSTARD PUDDING.

Ingredients.—1 pint of Milk
1 tablespoonful of Flour
4 Eggs
4 or 5 drops of Vanilla Essence

Method.—Whisk the Eggs and stir the Flour gradually into them, then add the Milk flavoured with Vanilla. Stir well. Butter a basin that will just hold the mixture, pour this into it, tie a floured cloth over and plunge quickly into Boiling Water, turning the basin roun for a few minutes to prevent the Flour settling one place. Boil slowly for ½ hour, turn out of tl basin and serve with garnishing of Raspberry Jell

Menu.—No. 44

LEEK SOUP.

Toasted Granose Flakes. Fried dice of Bread.

FRENCH CUTLETS.

Brussels Sprouts. Potatoes Baked in their Skins.

SAGO PUDDING.

STEWED PRUNES.

Dessert.

Ingredients & Method of Preparation.

(Arranged for six persons).

LEEK SOUP.

Ingredients.—12 Leeks
½ teacupful of Oat Meal
Pepper and Salt to taste
2 quarts of Boiling Water

Method.—Clean the Leeks thoroughly, removing any portion that is unfit for use, slice and put into the Water along with the other ingredients: boil 2½ hours then add
2 ozs. of Butter and
1 pint of New Milk
Let all come to the boil and serve very hot.

FRENCH CUTLETS.

Ingredients.—1 Onion
2 ozs. of Butter
1 lb. of Breadcrumbs
Vegetable Pulp made from
1 Carrot
1 small head of Celery
1 Parsnip
1 Turnip
2 Potatoes
1 breakfastcupful of Tinned Tomatoes
½ teacupful of Dried Peas
2 Raw Eggs
Pepper and Salt to taste

FOR THE BATTER.

Two tablespoonfuls of Flour
2 Eggs

Method.—Fry the Onion in the Butter, cleanse the Vegetables thoroughly and peel or scrape them, then slice and boil in 1½ pints of Boiling Water for 1½ hours, along with the Peas that have been steeped overnight and the Tomatoes, strain and rub through a wire sieve, mix with the Breadcrumbs, Onions, Butter, Seasoning and Eggs, and put on a plate to cool. Now make the Batter, mixing the Flour and Eggs thoroughly together and fry in two Pancakes. Lay one on a plate, put the mixture on this with the other pancake over. Shape as Cutlets and put into the oven to reheat before serving.

BRUSSELS SPROUTS.

Wash 2 lbs. of Brussels Sprouts in Cold Water and when thoroughly clean put into a pan of Boiling Water to which a little Salt has been added. Cook till tender. Time 10 to 15 minutes.

POTATOES BAKED IN THEIR SKINS.

Take 12 medium-sized Potatoes, clean and bake in the oven 2 hours. Serve in a napkin on a hot dish.

SAGO PUDDING.

Ingredients.—3 tablespoonfuls of Sago
The rind of half a Lemon grated
2 tablespoonfuls of Sugar
1 quart of Milk
1 oz. of Butter
A little grated Nutmeg

Method.—Butter a pie dish and put into it the Sago, Sugar and Butter. Warm the Milk to which the Lemon Rind has previously been added, strain into the pie dish, grate a little Nutmeg over the top and serve. Time to cook 1½ hours.

STEWED PRUNES.

Ingredients.—1 lb. of Prunes
½ lb. of Sugar
1½ pints of Cold Water

Method.—Put all together into a double saucepan and cook from 2 to 3 hours.

VEGETABLE PIE.

Ingredients.—1 lb. of Brown Haricot Beans, steeped overnight
2 Carrots
2 Parsnips
2 Turnips
4 Potatoes
1 breakfastcupful of Peas, steeped overnight
6 Onions
½ teacupful of Tomato Ketchup
2 ozs. of Butter
Pepper and Salt to taste

Method.—Put the Haricot Beans into a saucepan with 2 quarts of Boiling Water. Cook 1½ hours. Strain and rub through a wire sieve. Now put back into the pan adding a little more Boiling Water if necessary. Slice the Vegetables and add them along with the Peas. Boil 1½ hours, or, till tender. Add the Ketchup, Butter, Pepper and Salt, and put into a large pie dish; cover with pastry and bake from 20 to 30 minutes, according to the oven.

PASTRY.

Ingredients.—1 lb. of Flour
4 ozs. of Nutter
4 ozs. of Butter
1 teaspoonful of Baking Powder
A little Salt
¼ pint of Cold Water

Method.—Rub the Nutter and Butter thoroughly into the Flour, add the Baking Powder and Salt, then the Water, and roll out on a floured paste board to the required thickness. Cover and ornament. Brush over with Egg, and bake a light brown.

EGG AND CUCUMBER SAVOURY.

Ingredients.—3 hard-boiled Eggs
2 good-sized Cucumbers
2 grated Onions
¼ lb. of Butter
½ teacupful of Water
Pepper and Salt to taste
2 beaten-up Eggs

Method.—Put the Butter into a pan, slice the Cucumbers and add these along with the Onions and Water, boil ½ hour, being careful not to burn. Shell and cut the Eggs into circles; add these, the Seasoning and the beaten Eggs, give 2 or 3 stirs and serve with toast, cut diamond-fashion, round the dish.

PROTOSE CUTLETS.

Ingredients.—1 lb. of minced Protose
1 lb. of Mashed Potatoes
1 tablespoonful of chopped Parsley
2 grated Onions
1 pint of Marmite Stock (1 teaspoonful of Marmite to a pint of Boiling Water)
1 tablespoonful of Mushroom Ketchup
8 ozs. of Breadcrumbs
Pepper and Salt to taste
Egg and Breadcrumbs to dip in before frying

Method.—Put the Protose into a pan with the Marmite Stock, add the Ketchup and boil 10 minutes. Now put in the other ingredients, turn out upon a floured paste board and, when cold, cut into three cornered pieces, dip in Egg and Breadcrumbs and fry a light brown. Serve with Red Currant Jelly. Time required 10 minutes.

STUFFED TOMATOES.

Ingredients.—2 dozen of Sound Tomatoes
3 Eggs
2 tablespoonfuls of Parsley
1½ ozs. of Butter
1 grated Onion
½ lb. of Breadcrumbs
Pepper and Salt to taste

Method.—Cut the tops from the Tomatoes, scoop out the interior of each carefully to prevent breaking and put aside for sauce. Now mix the other ingredients together thoroughly, put a dessertspoonful into each, place in a buttered tin and bake ½ hour. Serve with Brown Gravy.

BROWN GRAVY.

Ingredients.—1 lb. of Brown Haricot Beans
2 Onions
1 oz. of Butter
½ teaspoonful of Marmite
Pepper and Salt to taste
1 dessertspoonful of Tomato Ketchup

Method.—Put the Beans that have been steeped overnight into 2 quarts of Boiling Water, add the Onions, boil 1½ hours. Strain, rub through a sieve, put back into the pot along with the other ingredients, bring to the boil and serve in a hot tureen.

MACARONI A LA TURQUE.

Ingredients.—¾ lb. of Macaroni
3 pints of Boiling Water
¾ lb. of Breadcrumbs
2 grated Onions
2 heaped tablespoonfuls of Chopped Parsley
2 hard-boiled Eggs that have been put through the Nut Mill
3 beaten-up Eggs
Pepper and Salt to taste

Method.—Boil the Macaroni in the Water till tender, remove from the pan and put through the Nut Mill or chop very finely, then place it in a bowl along with the other ingredients, mix thoroughly, put into a buttered basin and steam 2 hours or bake 1½ hours. Serve with

TOMATO SAUCE.

Ingredients.—The tops and interior of the Tomatoes already referred to
2 pints of Boiling Water
2 grated Onions
3 tablespoonfuls of Tomato Ketchup
1½ ozs. of Butter
2 ozs. of Pea Flour
½ pint of Milk
Pepper and Salt to taste

Method.—Take the portions of the Tomatoes that were put on one side and place in the Water with the Onions and Butter. Cook 20 minutes, strain, rub through a wire sieve, put back into the pan, add the Tomato Ketchup and Seasoning, thicken with Pea Flour previously mixed with the Cold Milk. Stir till it boil and serve in tureen.

MASHED TURNIPS.

Take 1 doz. Turnips, clean, peel and boil in 1 gallon of Boiling Water to which 1 tablespoonful of Salt has been added. Remove with a skimmer, put into a bowl with 2 ozs. of Butter. Mash well with a fork, add Pepper. Serve in a hot tureen.

GREEN PEAS.

Take ½ peck of Peas, shell, and put into a pan with 2 quarts of Boiling Water, a dessertspoonful of Salt, a pinch of Soda, a sprig of Mint and a lump of Sugar. Cook from 20 minutes to ½ hour. Serve in hot tureen.

VEGETABLE SALAD.

Ingredients.—1 Cucumber
1 Beetroot
2 hard-boiled Eggs
2 Lettuces
4 Tomatoes
2d. worth of Mustard and Cress
1 bunch of Red and White Radishes

Method.—Peel the Cucumber and slice it thinly so as to cover the bottom of the salad bowl. Cleanse the Lettuces thoroughly, and after chopping finely make these the next layer. Take the Beetroot, previously cooked for 2 hours and unbroken, slice and add this, then a layer of well-washed Mustard and Cress, followed by the peeled and thinly sliced Tomatoes. Repeat till the bowl is nearly filled, and on the top put Lettuce and Tomato, and arrange tastefully the sliced Whites of the hard-boiled Eggs, the Mustard and Cress standing up between, the Radishes round the dish, and the Yolks of the Eggs rubbed through a fine gravy strainer over the top.

Broad Beans.

Shell ½ peck of Beans and put into a pan of Boiling Water—about 2 quarts—with 1 dessertspoonful of Salt and a pinch of Soda. Boil ½ hour.

Baked Potatoes.

Take 4 lbs. of Potatoes, wash and peel them, put into an enamel dish along with 2 sliced Onions, Pepper and Salt and 2 ozs. of Butter. Cover with Water and bake 1½ hours.

New Potatoes.

Take 4 lbs. of New Potatoes, wash and scrape, put into a pan of Boiling Water, scarcely enough to cover them, add a little Salt and a small piece of Mint.

RASPBERRY AND RED CURRANT MALVERN PUDDING.

Ingredients.—1 pint of Raspberries
1 pint of Red Currants
1 pint of Water
3 ozs. of Sugar
1 oz. of Butter
Slices of Bread
Whipped Cream

Method.—Well grease a good-sized basin with Butter and line it with slices of Bread about a ¼ inch in thickness. Remove the stalks from the Raspberries and Red Currants, put into an enamelled pan along with the Water and Sugar and boil ¼ hour. Pour at once into the basin, which should be placed on a large dish or soup plate, cover with additional slices of Bread, put a plate on top, press down with a heavy weight, and set aside to cool. When cold turn out on to a dish and pour over first the juice that was squeezed out on pressure, next the Whipped Cream.

WHIPPED CREAM.

Take ¼ lb. of Devonshire or Raw Cream, if the former add 2 tablespoonfuls of New Milk, put into a basin and whip briskly with an egg-beater.

WHORTLEBERRY PUDDING.

For the making of this pudding 2 pints of Whortleberries are used and the method of proceeding is exactly the same as for the previous pudding.

LEMON SPONGE.*

Ingredients.—½ oz. of Gelatine, Agar Agar or Iceland Moss
¾ pint of Cold Water
5 ozs. of Loaf Sugar
2 Lemons
2 Whites of Eggs

Method.—Soak the Gelatine, Agar Agar or Iceland Moss in the Water, peel the rind of the Lemons very thinly and squeeze out the juice. Now put the Gelatine, Agar Agar or Moss into a pan along with the rind and juice of the Lemons and the Sugar. Boil 2 or 3 minutes, strain and allow to remain till nearly cold. When beginning to set, add the whites of the Eggs well beaten, whisk all together for 10 or 15 minutes when it will be of the consistency of sponge, put lightly into a glass dish, leaving it as rocky as possible. Serve soon.

FRUIT SALAD.

Ingredients.—3 Oranges peeled and sliced very finely
3 Pears peeled and sliced
1 lb. of large Plums peeled and sliced
2 ripe Apples peeled and sliced
4 large Bananas peeled and sliced
¼ lb. Castor Sugar
Whipped Cream or Glacé Cherries

Method.—Take a large glass dish and put the fruit in alternate layers into it in the following order:—Oranges, Bananas, Pears, Apples, Plums, finishing with a layer of Oranges and one of Bananas. Between each sprinkle Sugar freely till it is all used, and put Whipped Cream or Glacé Cherries on top. For the Cream use 6 ozs. of Devonshire Cream and 3 tablespoonfuls of New Milk. Whisk well.

* On the occasion referred to in this and the recipes for the making of Strawberry Cream, Orange Jelly, Dutch Flummery, Raspberry Jelly and Prune Mould, Gelatine was used. I was anxious to substitute Agar Agar for the Gelatine, which I dislike, but so far it has not proved satisfactory. It sets well and makes a nice tasty dish but has not the firmness that a sponge ought to have.

STRAWBERRY CREAM.

Ingredients.—½ oz. of Gelatine, Iceland Moss or Agar Agar
4 lumps af Sugar
The Rind and Juice of 1 Lemon
¾ pint of Cream
¼ pint of Strawberry Syrup
1½ wineglassfuls of Cold Water

Method.—Soak the Gelatine, Agar Agar or Iceland Moss in the Water, then put into a pan with the thinly peeled Rind and Juice of the Lemon and the Sugar. Stir till dissolved, remove the peel and pour into a basin adding the Strawberry Syrup. Whisk the Cream and pour the other ingredients gently on to it, stirring all the time. Colour with Cochineal, pour into a wet mould and set aside till cold. Any jam will do to make the Syrup by rubbing it through a hair sieve with a little Water.

ORANGE JELLY.

Ingredients.—1 oz. of Gelatine or Agar Agar
4 ozs. of Loaf Sugar
6 Oranges
1 Lemon
1 pint of Water
1 wineglassful of Cold Water

Method.—Soak the Gelatine or Agar Agar in ½ pint of Cold Water, boil the Sugar in the remainder till it is a thick Syrup, add the Juice of the Oranges and Lemon, the peel of 2 Oranges and that of half a Lemon. Place on the fire for a minute, skim well, add the water by degrees to make the scum rise. Now put in the Gelatine or Agar Agar, stir till dissolved, strain through muslin, put into a wet mould and turn out when cold.

DUTCH FLUMMERY.

Ingredients.—1 oz. of Gelatine or Agar Agar
8 oz. of Loaf Sugar
The Yolks of 4 Eggs
¾ pint of Raisin Wine
2 Lemons
¾ pint of Water

Method.—Soak the Gelatine or Agar Agar in the Water, beat up the Yolks of Eggs with the Raisin Wine, peel the Rind of the Lemons finely and add this with the Juice and the Sugar to the Egg Mixture; then the Gelatine or Agar Agar which has been soaking is now put into a saucepan over the fire and, when dissolved, the other ingredients are added and the whole well mixed together and boiled 1 minute. Now strain through muslin, stir occasionally till nearly cold, then pour into a wet mould.

JUNKET AND CREAM.

Ingredients.—2 quarts of Milk
2 tablespoonfuls of Essence of Rennet
2 ozs. of Castor Sugar
A little grated Nutmeg
½ lb. of Devonshire Cream

Method.—Put the Milk into an enamelled saucepan and place it on the fire or stove till it is just warm. Now take the junket bowl, put the Sugar into it and pour in the Milk, stirring a few times; then the Essence of Rennet, stirring twice, after which it should be set aside to cool. Just before serving grate a little Nutmeg over the top and put the Cream in lumps here and there.

RASPBERRY JELLY.

Ingredients.—1 lb. of Raspberry Jelly
1 oz. of Gelatine or Agar Agar
1 pint of Water

Method.—Soak the Gelatine or Agar Agar in the Water, add the Raspberry Jelly, put into a pan and stir over the fire till melted. Strain through a jelly bag, stir till nearly cold and put into a wet mould.

PRUNE MOULD.

Ingredients.—1 lb. of Prunes
1 pint of Water
3 ozs. of Sugar
2 ozs. of Sweet Almonds
1 oz. of Gelatine or Agar Agar
¼ lb. of Cream
½ pint of Water

Method.—Soak the Gelatine or Agar Agar in the Water, wash the Prunes thoroughly, stone, and put them into a double saucepan with the Sugar and cook for 2 hours. Put the Gelatine or Agar Agar and the Water in which it has been soaking into a saucepan over the fire or stove and stir till dissolved. Now add the Prunes and their juice, stir well, then pour into a wet mould to cool. When cold stick the Almonds all round the mould and serve with Whipped Cream.



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Christmas Dinner for 12 Persons.

Menu.

Soup.

GERMAN LENTIL SOUP with Toasted Granose Flakes.

Savouries.

SAVOURY RAISED PIE.

MOCK GOOSE.

Brown Gravy.

STUFFED TOMATOES.

Tomato Sauce.

MACARONI CHEESE.

Vegetables.

Baked Potatoes. Mashed Potatoes.

Brussels Sprouts. Damson Pickles.

Sweets.

Christmas Pudding with Devonshire Cream.

Mince Pies. Trifle. Apple Compote.

Cheese and Biscuits.

Dessert.

Bananas. Oranges. Apples.

Almonds and Muscatels.

Coffee.

Cocoa Nut Cakes.

Ingredients & Method of Preparation.

GERMAN LENTIL SOUP.

Ingredients.—1½ lbs. of German Lentils
6 Onions
1 Turnip
1 Parsnip
½ teaspoonful of Odin
4 quarts of Boiling Water
Pepper and Salt to taste

Method.—Wash the Lentils and allow them to soak overnight in Hot or Cold Water, afterwards throw this Water away. Put the Water mentioned in *Ingredients* into the pan and when it boils put in the Lentils. Now wash and peel the Vegetables, halve and quarter them, then put into the pan and allow to boil till thoroughly done. Add more Water if necessary. Strain and rub through a wire sieve, put back into the saucepan to reheat, add the Odin and Seasoning and serve.

SAVOURY RAISED PIE.

Ingredients.—Omelette
4 ozs. of Butter
½ lb. of Onions
½ tin Italian Peeled Tomatoes
4 ozs. of Macaroni
4 Eggs
1 tablespoonful of Dried Marjoram
1 tablespoonful of Parsley
1 saltspoonful of Powdered Mace
Pepper and Salt to taste
Breadcrumbs—sufficient to make a good consistency

Method.—Put the Butter into a pan over the fire until lightly browned, add the Onions, cook about 15 minutes, stirring occasionally to prevent burning. Now add the Tomatoes, Parsley, Marjoram, Mace, Pepper and Salt, and cook all together for ½ hour longer. While this is being done put the Macaroni into a lined pan well covered with water and cook for 20 minutes, turn out into a bowl, mix with the ingredients already cooked, the 4 Eggs well beaten and the Breadcrumbs. Have ready a hot roasting tin or frying-pan with sufficient Butter to prevent sticking, put in the mixture and bake or fry a light brown on both sides. Use a cake tin with a loose bottom, grease it well with Nutter, line it with Pastry, fill with the cooked Omelette cut in pieces, pour a cup of Gravy, made as directed, over, cover with Past decorate in the usual way, brush with E in a good oven for 20 minutes or ½ hour

Method.—Put the pulp and tops of the Tomatoes and the Onions into the Water, boil from 10 to 15 minutes, strain, rub through the sieve, put back into the pan with the Butter, Pepper and Salt and Tomato Ketchup.

MACARONI CHEESE.

Ingredients.—½ lb. of Macaroni
3 ozs. of Cheese
1 oz. of Butter
1½ cups of Milk
3 pints of Boiling Water
2 ozs. of Breadcrumbs
Pepper and Salt to taste

Method.—Put the Macaroni into the Boiling Water and let it cook till quite tender and till all the Water is absorbed. Time required from 20 to 30 minutes. Butter a pie dish and put in first a layer of Macaroni, then one of Cheese, which has been previously put through the Ida Nut Mill, a little Butter, Pepper and Salt, and so on till the pie dish is filled. Lastly put in the Milk, cover with Breadcrumbs and put pats of Butter here and there on top. Bake ½ hour.

BAKED POTATOES.

Ingredients.—1 doz. medium-sized Potatoes
2 Onions
1 oz. of Butter
1½ pints of Boiling Water
Pepper and Salt to taste

Method.—Wash and peel the Potatoes and put into a pan of clean Water. Peel and wash the Onions and put them and the Potatoes into a pie dish and fill up with Boiling Water, add the Butter and Seasoning. Bake. Time required from 1 to 2 hours, according to size of Potatoes and heat of oven.

MASHED POTATOES.

Ingredients.—1 doz. Potatoes
½ oz. of Butter
Pepper and Salt

Method.—Peel and wash the Potatoes, put into a steamer over a pan of Boiling Water, and steam from 30 to 40 minutes. Now put into a basin, mash with a fork, add the Butter and Seasoning, put into a very hot vegetable dish and serve.

Brussels Sprouts.

Take 4 lbs. of Brussels Sprouts, wash thoroughly in Cold Water and when cleansed put into 4 quarts of Boiling Water, to which a little Salt has been added and a small piece of Soda. Cook till tender. Time 10 to 15 minutes.

DAMSON PICKLE.

Ingredients.—3 lbs. of Damsons or long Blue Plums
1 pint of Vinegar
1½ lbs. of Sugar
1 teaspoonful of Cloves
3 blades of Mace
½ oz. of Cinnamon

Method.—Take the Damsons or Plums, wipe off the bloom and prick each with a needle. Now put the Vinegar, Sugar, Cloves, Mace and Cinnamon into a saucepan and boil for 15 minutes. Put the fruit into the jar in which you intend keeping it and pour the contents of the saucepan over it. Allow to stand for 24 hours, then boil till tender or till the skin is just cracked. Tie down while hot. They will be fit to eat in about 6 weeks. They go well with any of the Nut Meat preparations such as Protose, Meatose, Nuttose, etc.

CHRISTMAS PUDDING.

Ingredients.—1 lb. of Flour
1 lb. of Breadcrumbs
1 lb. of Raisins
1 lb. of Sultanas
1 lb. of Currants
1 lb. of Sugar
1 lb. of grated Apples
1 lb. of Mixed Peel
2 ozs. of Sweet Almonds
2 ozs. of Bitter Almonds
The grated rind of 2 Lemons
1 teaspoonful of Nutmeg
½ teaspoonful of Spice
¼ teaspoonful of Cinnamon
1 saltspoonful of Salt
6 ozs. of Pine Kernels
6 ozs. of Nutter
A very little Water

Breakfast.

At Dartmoor House this consisted of Porridge made of Quaker Oats, Provost Oats or Oatmeal of medium quality, cooked in a double saucepan and put on after dinner the previous day.

It was eaten with New Milk, Cream, Honey, Sugar, Golden Syrup or Preserve.

Then there were Eggs, boiled, poached, fried in Nutter or scrambled.

SCRAMBLED EGGS.

Ingredients.—4 large or 6 small Eggs
1 oz. of Butter
½ teacupful of Milk
Pepper and Salt to taste

Method.—Break the Eggs and put them into a basin, add the Seasoning, put the Butter into a frying pan, and, when melted, add the Milk, then pour the contents of the basin into this stirring with a fork all the time till it thicken. Serve on Buttered Toast.

BEVERAGES.

Tea. Coffee. Cocoa. Hot Milk.

CARAMEL CEREAL.

Two dessertspoonfuls to 1 pint of Hot Water. Boil 15 minutes.

SAVOURIES.

These frequently consisted of Sandwiches, the unused contents of luncheon baskets after a day's outing on the Moor. They were dipped in Egg and Breadcrumbs and fried in Nutter or Albene.

They consisted of

Mustard and Cress on Brown and White Bread, buttered. Lettuce cut up finely with the grated yolks and whites of Hard-boiled Eggs and Tomatoes dipped in Boiling Water, peeled and sliced. These were put on Brown and White Bread, buttered. Protose put through the Nut Mill or mashed with a fork laid on Brown or White Bread, Buttered, and sprinkled over with a little Pepper and Salt.

PROTOSE AND TOMATOES—FRIED.

(Arranged for six persons).

Ingredients.—1 lb. tin of Protose
½ dozen Tomatoes
Pepper and Salt to taste

Method.—Dip the Tomatoes in Boiling Water, peel, slice and fry them in Nutter or Albene. Slice the Protose and fry in like manner. Season, garnish with Parsley and serve.

HARICOT BEANS AND TOMATOES.

Ingredients.—1 lb. of Cooked White Haricot Beans
½ dozen good-sized Tomatoes
Pepper and Salt to taste

Method.—Soak the Haricot Beans overnight two nights before they are required and boil the previous day in 3 quarts of Boiling Water for 2 hours. Mix the Haricots with the Tomatoes and fry in Nutter or Albene. Season and serve.

OMELETTE.

Ingredients.—6 Eggs
1 tablespoonful of chopped Parsley
½ teacupful of Milk
Pepper and Salt to taste

Method.—Well beat the Eggs—Whites and Yolks separately mix together, add the other ingredients and fry Time required from 5 to 10 minutes.

PINE KERNELS AND TOMATOES.

Ingredients.—2 to 3 ozs. of Italian Pine Kernels
1½ lbs. of Fresh Tomatoes

Method.—Dip the Tomatoes in Boiling Water, peel and slice them, then fry along with the Pine Kernels in a little Nutter.

Pine Kernels contain so much oil that if fried sepa
is unnecessary to use Nutter.

SALAD.

Lettuce. Mustard and Cress. Radishes.
Cucumber. Tomatoes.

The Salad was generally served for Breakfast without dressing of any kind.

In addition to Brown and White Bread there were generally also on the table Biscuits of some sort, such as Scott's Wholemeal and Triscuit.

Butter, Honey, Marmalade and Golden Syrup were used, and there was always an abundant supply of

FRUITS AND NUTS.

Apples, Pears, Bananas, Oranges, Strawberries, Raspberries, Plums, Grapes, or other Fruits in season.

THE NUTS usually consisted of Brazils, Walnuts and Barcelonas.

Afternoon Tea.

This was served between 4 and 5 o'clock, and consisted of Tea, Brown and White Bread and Butter, made and bought Cakes and Biscuits.

Lunch.

If visitors went off for the day they generally took with them Sandwiches of various kinds :—

Mustard and Cress
Tomato
Cheese
Tomato and Cheese
Lettuce
Protose
Cucumber
Cucumber and Cheese
Cucumber, Lettuce and Tomato
Cucumber, Lettuce and Cheese
Grated Walnuts on Buttered Bread
Buttered Bread with Jam
Cakes—made and bought
Apples. Bananas. Oranges
Lemon Water

Supper 7.30 p.m.

This generally consisted of one or two savouries with vegetable or Fruit Salads, Sweets and Fresh Fruit with Cocoa, Hot Milk, White and Brown Bread and Butter. Cakes and Biscuits of various kinds. Honey and Preserve.

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SUPPER.

Macaroni Cheese Baked Tomatoes
Cucumber Radishes Mustard and Cress
Prune Tart Stewed Apples
Clotted Cream
Wholemeal and White Bread and Butter
Fresh Fruit and Nuts

Saturday 11th.

BREAKFAST.

Porridge of Quaker Oats New Milk
Fried Eggs on Toast
Fried Pine Kernels
Wholemeal and White Bread and Butter
Triscuit Nut Rolls
Honey Marmalade
Coffee Hot Milk
Fruit and Nuts

DINNER.

German Lentil Soup
Fried Dice of Bread
Tomato and Onion Pie
Savoury Rice Rissoles with Brown Gravy
Steamed Parsnips Steamed Carrots Steamed Potatoes
Banana Fritters Stewed Pears
Clotted Cream
Fruit and Nuts

SUPPER.

Protose Cottage Pie Steamed Onions
Stewed Apples Pine Apple Chunks
Boiled Custard
Wholemeal and White Bread and Butter
Nut Rolls
Fruit and Nuts

Sunday 12th.

BREAKFAST.

Porridge of Quaker Oats New Milk
Fried Protose Boiled Eggs
Wholemeal and White Bread
Butter Golden Syrup Honey Marmalade
Coffee Hot Milk Caramel Cereal
Fruit and Nuts

DINNER.

Tomato Soup
Toasted Granose Flakes
Haricot Pie Egg and Cucumber Savoury
Baked Potatoes Steamed Potatoes
Boiled Cauliflower Boiled Curly Greens
Butter Sauce
Rhubarb Tart Devonshire Junket
Clotted Cream
Fruit and Nuts

SUPPER.

Cheese
Cucumber Lettuce Radishes
Tomato Chutney
Fruit Salad with Whipped Cream
Pine Apple Chunks Stewed Prunes
Wholemeal and White Bread and Butter
Cake

Monday 13th

BREAKFAST.

Oatmeal Porridge New Milk
Honey Golden Syrup Marmalade
Buttered Eggs on Toast
Wholemeal and White Bread and Butter
Triscuit Nut Rolls
Fruit and Nuts

DINNER.

Lentil Soup
Toasted Granose Flakes
Vegetable Pie with Pastry Crust
Haricot Fritters with Tomato Sauce
Boiled Cauliflower Potato Balls
Date and Pine Kernel Pudding Stewed Apricots
Sweet Sauce
Fruit and Nuts
Lemon Water

SUPPER.

Meatose Fritters
Fried Chip Potatoes
Cheese Cucumber
Swiss Roll Stewed Prunes
Wholemeal and White Bread Wholemeal Biscuits
Butter Honey Preserve
Fruit and Nuts

Tuesday 14th.

BREAKFAST.

Porridge of Quaker Oats with New Milk
Boiled Eggs
Honey Golden Syrup Marmalade
Wholemeal and White Bread Triscuit Butter
Fruit and Nuts

DINNER.

Vegetable Soup
Toasted Granose Flakes
Meatose Mince Fritters with sliced Hard-Boiled Eggs and Brown Gravy
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Marmalade Pudding Stewed Prunes
Clotted Cream
Fruit and Nuts
Lemon Water

SUPPER.

Nut Omelette
Boiled Leeks with Butter Sauce
Cheese Cucumber
Wholemeal and White Bread and Butter
Apple Charlotte Stewed Prunes
Fruit and Nuts

Wednesday 15th

BREAKFAST.

Porridge of Quaker Oats New Milk
Honey Golden Syrup Marmalade
Poached Eggs on Toast
Wholemeal and White Bread and Butter
Fruit and Nuts

DINNER.

Artichoke Soup
Sippets of Toast
Macaroni Cutlets with Brown Gravy
Stuffed Tomatoes with Tomato Sauce
Fried Chip Potatoes Boiled Savoys
Raisin Pudding Stewed Pears
Clotted Cream
Fruit and Nuts
Lemon Water

SUPPER.

Vegetarian Olives with Brown Gravy
Rice Pudding Stewed Pears
Wholemeal and White Bread Triscuit Nut Rolls
Butter Honey Preserve

Thursday 16th.

BREAKFAST.

Oat Meal Porridge New Milk
Fried Tomatoes and Haricot Beans
Wholemeal and White Bread and Butter
Triscuit Nut Rolls
Honey Golden Syrup Marmalade
Fruit and Nuts

DINNER.

Purée of Green Peas
Fried Dice of Bread
Steamed Macaroni Pudding with Onion Sauce
Spanish Cheese Dish with Brown Gravy
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Lemon Jelly Stewed Apricots
Wheatmeal Biscuits
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Sweet Macaroni with Custard	31
„ Omelet with Raspberry Jam	18
Thatched Pudding	43
Trifle. Xmas Dinner	
Wheatmeal Pudding	5
Whortleberry Pudding ... Dinner for 50 people	



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